

**Better
Homes**
and Gardens.

A U S T R A L I A N

You can change your life!

diabetic LIVING®

NOVEMBER/DECEMBER 2017, ISSUE 72

\$7.99 (inc GST), NZ \$9.20 (inc GST)

53
simply
delicious
recipes

- Budget-friendly Christmas lunch
- Moreish mangoes
- Easy weeknight meals

**Just been
diagnosed?**
TURN TO PAGE 7
NOW!

**CARAMELISED
ONION AND
VEGIE PIZZA**

see recipe, page 38

Pacific magazines

We deliver magazines people love.

MAGZ_DL_1117

**Slim
down
special**

26 pages of recipes, exercise
and strategies to flick the belly fat

A MAN AND A PLAN - HE'S LOSING WEIGHT AND GAINING LIFE

MISSION HEALTH

DIABETES UNCOVERED

AROUND

1.7 MILLION



AUSTRALIANS HAVE
DIABETES*

*Source: Diabetes Australia

Book your **FREE** diabetes consultation
at priceline.com.au/mission-health

Available instore 29th September - 25th October

Our trained Diabetes Advisors will evaluate
your risk of developing Type 2 diabetes
and provide handy tips to reduce your risk

Priceline Pharmacy are proud partners of



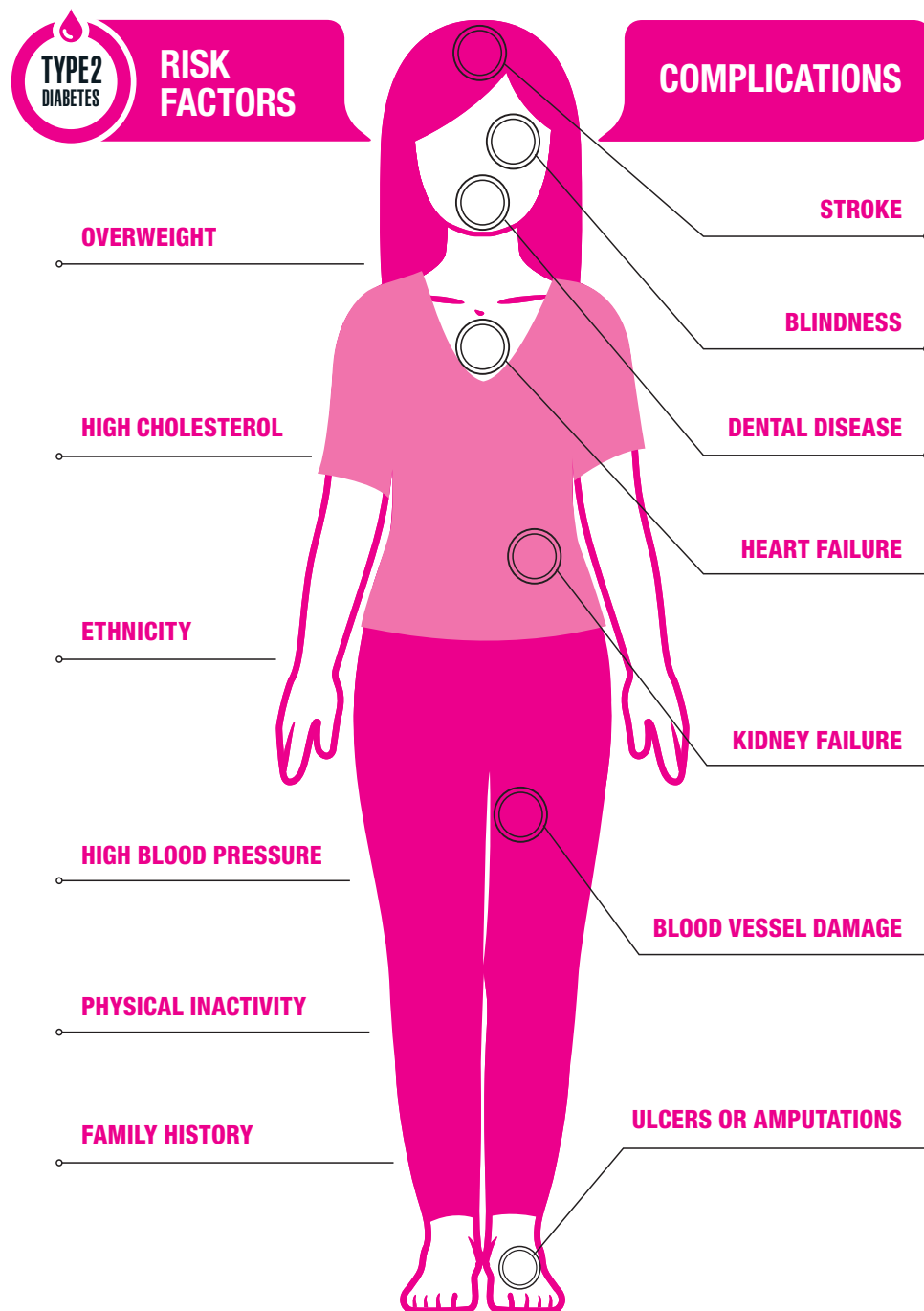
www.diabetesaustralia.com.au

priceline.com.au



WE'RE 100%

Is your lifestyle putting you at **risk** of Type 2 Diabetes?



FOR YOUR HEALTH



priceline
pharmacy



Support & Care

Credentialed Diabetes Educators like Bernadette Heenan are the link between people with diabetes and their healthcare network.



In over 10 years as a CDE, Bernadette has formed strong links between her clients with diabetes and their dietitians, podiatrists, GPs, endocrinologists and Indigenous Health Workers/Practitioners, to ensure they have the highest level of care. She's also a great listener, and passionate about her work with Indigenous communities in Cape York. Bernadette offers expert guidance and encouragement to her clients as she helps them set goals to improve their quality of life.

EDUCATION AND CARE

Bernadette is a great example of the caring, professional Credentialed Diabetes Educators. Providing a person-centred approach to diabetes education and care, they assist clients with daily self-management in accordance with the National Standards of Practice for Diabetes Educators. Next time you visit your diabetes educators look for the ADEA logo below, or visit our website to find a CDE near you.



WWW.ADEA.COM.AU/FIND-A-CDE

welcome



TIME TO
CELEBRATE

Hello, summer

... and welcome to the *Diabetic Living*. It's my first issue as Editor and it's been wonderful meeting so many people who are passionate about living their best life with diabetes and working towards a cure. Our expert endocrinologist Dr Sultan Linjawi recently launched a new website that's designed to provide a customised experience for PWD. I've been watching the videos and learning a huge amount – you can find

out more on page 16. Inspirational Priceline Pharmacy Ambassador Susan Alberti's story is on page 18 – she has type 1 and has worked tirelessly for diabetes for decades. Oh, you'd like some recipes too? Turn to page 20 to get started!

Alix

Alix Davis, Editor

TALK TO US TODAY!



WEBSITE

diabeticliving.com.au



FACEBOOK

facebook.com/australiandiabeticlivingmagazine



INSTAGRAM

[@diabeticliving](https://instagram.com/diabeticliving)

EMAIL diabeticliving@pacificmags.com.au

READER ENQUIRIES EDITORIAL (02) 9394 2876

READER ENQUIRIES SUBSCRIPTIONS 1300 668 118

EMAIL subscriptions@pacificmags.com.au

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.





SPECIAL OFFER

Turn to page 136 and subscribe to *Diabetic Living* to receive a two-year subscription plus 4 bonus issues for just \$75!

A delicious and filling salad is perfect as the warmer months arrive

55

24

A refreshing summer slushy



FOOD

- 20 5 ways with mangoes** Mix it up with summer flavour
- 28 7 Days, 7 Dinners**
- 40 A Christmas feast**
A budget-conscious lunch that will make Christmas lunch a joy
- 52 Sensational salads**
Serve up an exciting dish with a twist
- 58 Asparagus** Make the most of fresh, in-season asparagus
- 68 Ed's healthy recipe**
Fast Ed's grapefruit chicken cup salad
- 70 Plan your week, it's easy!**
- 72 Food bites** Shop well
- 138 Choc truffle** Dark chocolate your way

LIVING WELL

- 75 Slim-down special**
Your guide to getting healthy, featuring

expert and fitness tips and facts, how to get motivated, medication fix and good eating

- 108 Yoga 101** Discover the benefits of this ever-growing favourite pastime
- 122 The slim secrets of meal delivery diets**
Discover the success behind packaged food plans and make it work for you
- 126 When it's time for insulin** How to approach it best
- 130 Feel better in 5**
Simple steps you can do now to improve your wellbeing

MY STORY

- 18 "Everything I can"**
Susan Alberti's mission for diabetes research
- 104 New to Type 2?** And feeling anxiety, denial,

shame, fear and gloom? You're not alone

- 114 No more hiding**
Columnist Daniel P. Finney shares how he is regaining his health

REGULARS

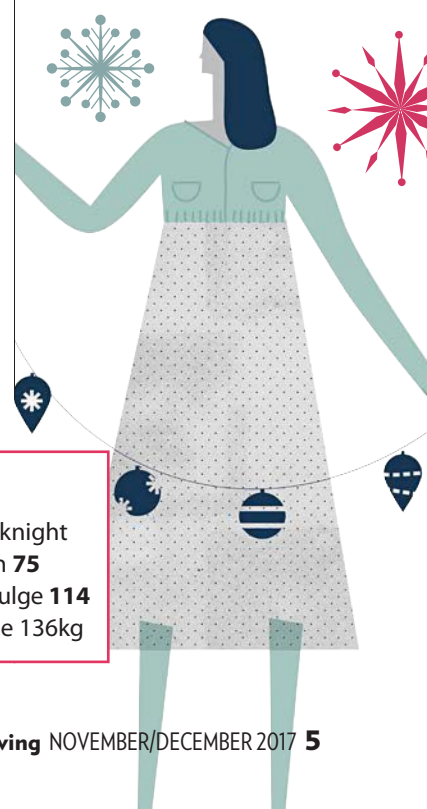
- 4 Editor's note**
- 6 You tell us**
- 7 Just diagnosed?**
Here's your go-to, get-started guide
- 10 News** The latest in Health, Kids, Nutrition, Exercise
- 16 Diabetes awareness**
A new diabetes website just for you
- 74 How our food works**
- 133 Recipe index**

ON THE COVER

20 Mango magic **28** Weeknight meals **40** Christmas lunch **75** Strategies to budge the bulge **114** A man and his plan to lose 136kg

126

Here's what you need to know when it's time to start using insulin



your thoughts

You tell us

Here's where you have your say, tell others your stories and give feedback on your magazine

MORE THAN TOP TASTE

STAR LETTER

I am a type 2 diabetic. Since buying your magazine and trying some of your healthy recipes, I have been able to stop taking my medication and am now diet controlled. One of my favourites is Middle Eastern Savoury Mince (Jan/Feb 2017). However, my cat Milly now has type 1 diabetes and requires insulin injections. Fortunately, she is a great patient.

Kaye Sarson, South Australia

Setting an example

I am a type 1 for the past 29 years and, since retiring, I do a variety of volunteer jobs. One is mentoring a young girl, primary school age, for the last three years. We have a close bond and, as she is a little overweight, I do cooking with her and I choose to do some of the recipes in the DL magazines. Recipes we have done include

Chocolate Ricotta and Apricot Slice, and Cinnamon Spiced Bunny Biscuits (March/April 2017), savoury muffins, and low-fat pizzas. I have to leave multiple copies of recipes in the staff room as the smell of everything we cook together they love to try at home being no/low-fat and no added sugar. A winner all round.

Jenny, Western Australia

Ed's note: Thanks Jenny – look out for our story on why volunteering is so great in our next issue.



EDITORIAL

Editor Alix Davis **Creative director** Scott Cassidy
Designer Angela Short **Junior Writer** Ellie Griffiths
Food editor Alison Roberts **Dietitian** Shannon Lavery

CONTENT MANAGEMENT TEAM

Copy directors Chrystal Glassman,
Hannah Hempenstall, Daniel Moore

ADVERTISING

Brand manager Alison Kirkman (02) 9394 2033
(NZ) (+64) 90 979 2700
Print Operations Calvin Simpson, (02) 9394 2938

PUBLISHING

General manager, homes and food Wendy Moore
Better Homes and Gardens editor-in-chief Julia Zaetta
Marketing, health Kathy Glavas (director),
Courtenay Raman (manager), Melissa Wayne (executive)
Circulation manager John Borg
Pre-Media Solutions Digital Imaging
Production controller Mark Boorman

PACIFIC MAGAZINES PTY LIMITED

Media City, 8 Central Avenue, Eveleigh, NSW 2015;
GPO Box 7805, Sydney, NSW 2001, (02) 9394 2000

Chief executive officer Gereurd Roberts
Commercial director Prue Cox
Retail sales and marketing director Mychelle Vanderburg
Operations director Dean Porter

MEREDITH INTERNATIONAL

Chairman and chief executive officer Stephen M Lacy
Chief development officer John S Zieser
Meredith International director Mike Lovell

Reproduction Printed by Webstar Print (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Gordon and Gotch Australia Pty Ltd (ACN 088 251 727). Distributed in New Zealand by Gordon and Gotch New Zealand (CRN 1540329). Published six times a year by Pacific Magazines Pty Ltd (ABN 16 097 410 896). For competition entries, please use the address supplied. Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Meredith Corporation. Use of trademark is strictly prohibited. Recommended and maximum price \$7.99 (NZ \$9.20) including GST. All content © 2017 Pacific Magazines Pty Ltd, all rights reserved. Reproduction without permission is prohibited. All prices and information are correct as at the time of printing. Prices quoted are recommended retail prices and may vary. All material sent to *Diabetic Living* (whether solicited or not) will not be returned. Unless otherwise agreed beforehand, all rights including copyright in such material is assigned to Pacific Magazines upon receipt and Pacific Magazines may use or sell the material in all media worldwide in perpetuity without further consent or payment. *Diabetic Living* does not accept or assume responsibility for such material.

Pacific magazines
We create magazines people love

Find us on [facebook.com/australiandiabeticlivingmagazine](https://www.facebook.com/australiandiabeticlivingmagazine) | Get tips and recipe ideas by following @diabeticliving on Instagram

Just diagnosed?

start here!

There's a lot to take in following a diabetes diagnosis – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your

doctor or Credentialed Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

get started



● **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

*That's People With Diabetes

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone. ➤

get started



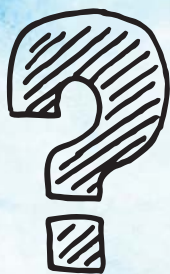
TYPE 1 AND TYPE 2... What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Losing just 5% of your body weight can have a positive impact.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.



3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

*Thanks to
Medactiv,
I'm on the
train to visit
my grandma...*



Medactiv is the solution for the transportation of medications without the need for power or electricity. These include Isothermic travel bags designed to maintain your medication at an optimum temperature. Products are designed to give users the freedom to travel knowing that their medication is kept at exactly the right temperature.

Millions of people worldwide use heat-sensitive medication (insulin, growth hormones, anti-TNF, etc) and are prisoners of their medication. It's a simple problem, we fix it!



For more information and to order visit medactiv.com.au

Did you know

One of the easiest and most effective ways to avoid the constipation that living with diabetes can make you more susceptible to is eating more **prunes**, according to a US study. What's so bad about suffering constipation? Apart from being uncomfortable to live with, recent research shows experiencing it regularly alters intestinal bacteria, making you 13 per cent more likely to develop chronic kidney disease. To keep things moving 'down there', eat **50g of prunes** a day.



3 blogs to get on board with

From blogs written by type 1 tykes themselves, to those penned by parents of children who are living with diabetes, add these three to your reading list:

● **OUR DIABETIC LIFE** (ourdiabeticlife.com): Meri Schuhmacher is mum to four boys, three of whom have type 1 diabetes. Through her blog, Meri candidly shares her family's experiences, their triumphs and their challenges.

● **CHILDREN'S DIABETES FOUNDATION** (childrensdiabetesfoundation.org/category/blog/): Produced by a foundation dedicated to diabetes research, blog posts include a 10-year-old's account of being diagnosed with type 1 and a mum's take on her daughter's involvement in research studies.

● **ADVENTURES IN DIABETES PARENTING** (adventuresindiabetesparenting.blogspot.com.au): Written by Pam Osborne, this blog provides an insight into her family's life with type 1 diabetes, after her now-teenage daughter was diagnosed shortly after celebrating her first birthday.



Need another reason to eat more cruciferous green vegetables, like **broccoli** and **brussels sprout**? How about the fact that they're a good source of sulforaphane, a compound that can help improve fasting blood glucose levels for people living with type 2 diabetes, say Swedish researchers. Plus, it turns out sulforaphane is a great multitasker – it can also help protect against cancer and slows down the destruction of cartilage in the joints, which is a key step in the development of osteoarthritis.

25

The number of '**chews**' you should take per mouthful, whenever you're eating almonds and other nuts. You'll absorb significantly more of the nuts' healthy unsaturated fats, compared with fewer chews, thanks to the smaller particles that the extra chewing creates.





NEED-TO-KNOW INFO

Vegetables' sulforaphane-making abilities are destroyed by too much heat and the snap-freezing process, so to get the most bang for your buck, choose fresh cruciferous vegies and eat them raw or just very lightly steamed.

STEP UP TO HEALTHIER FEET

October is Foot Health Month.

Here are some top tips for foot care from the National Health and Medical Research Council:

- Test the feeling and blood supply in the feet regularly.
- Inspect, wash and moisturise feet daily.
- Wear well-fitting and appropriate footwear and hosiery.
- Contact your GP or podiatrist at the first sign of any foot issues – including discolouration, redness or swelling.



I am reading a lot of conflicting information about grains – are they something I should be eating more or less of if I have diabetes?

Dr Marsh says: Despite some of the claims around, grains per se are not bad, or something you need to avoid if you have diabetes. But not all grain foods are created equal when it comes to health, and the key is choosing the right ones. Highly processed or refined grains, including white bread, white rice, many puffed and flaked breakfast cereals and crackers, and most processed snack foods, are typically low in fibre, nutrient-poor and have a higher glycaemic index. Avoid or minimise these grains. Instead, opt for minimally processed wholegrains that are higher in fibre, have a lower GI and offer nutritional and health benefits. This includes foods like traditional rolled oats, breads with lots of intact grains, and wholegrains like barley, freekeh, quinoa and burghul (cracked wheat). ➤

Dr Kate Marsh, advanced accredited practicing dietitian and credentialled diabetes educator

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.



of Australian children go to school without eating breakfast – despite the fact that it's a meal that's not only been linked to improved concentration and memory skills, it also results in better school grades, too, according to Welsh researchers.

your healthy life

Walk this way

And by 'this' way, we mean with a real **spring in your step** and making the conscious effort to keep your chest upright and 'open' while you are walking. Research has revealed that this is a style of walking which activates the same biological pathways that more intense forms of exercise work on, to increase your feelings of happiness. And the end result? You will feel like you've still got more energy to burn after you have finished your period of walking.



HIT IT!

New research shows that for people living with type 2 diabetes, short high-intensity exercise sessions improve insulin production.

As a bonus, this sort of training doesn't need much time. "Adults with type 2 diabetes may find it difficult to adhere to a strict exercise regimen, citing 'lack of time' as one of the primary barriers," say researchers behind the finding. "Functional, high-intensity training programs, like CrossFit, may address this barrier by providing structure, supervision and accountability with a minimal time commitment." Find a CrossFit gym near you through Google.



It's official

New research from the University of Canberra has found Australian children are now more at risk of developing type 2 diabetes. "In 12-year-olds entering secondary schools, approximately **30 per cent** had elevated insulin resistance and other early signs of

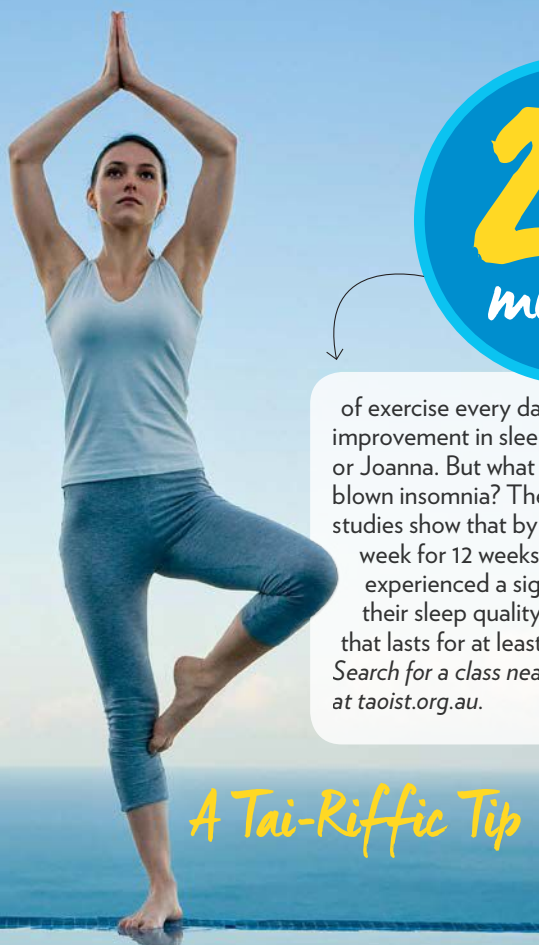
developing type 2 diabetes," says Professor Dick Telford from the Research Institute for Sport and Exercise. "There's no cure for type 2 diabetes, but it is largely preventable if we tackle the risk factors. There are some genetic links but for the most part, it's a lifestyle disease. Addressing the lack of physical activity, poor diet and overweight or obesity are the key areas."

Wholegrains

are important sources of protein, dietary fibre, vitamins (especially B-group vitamins and vitamin E), minerals (such as magnesium, zinc, potassium and iron) and phytochemicals. In addition to their nutritional benefits there's also evidence that eating more wholegrains may protect against disease. For example, eating 2-3 serves of wholegrain foods a day has been found to reduce the risk of developing chronic diseases, including type 2 diabetes, heart disease and certain cancers, by 20-30 per cent. They further have benefits for weight management. And wholegrains (but not refined grains) can also reduce our risk of dying from any cause. See our tips, at right, on ways to build more wholegrains into your meals.

Five ways to get more wholegrains in your diet

- 1 Choose **traditional or steel-cut rolled oats** in place of **puffed and flaked** breakfast cereals.
- 2 Replace **white rice** with **low GI brown rice, pearl barley or quinoa**.
- 3 Switch **white and wholemeal bread** to dense **wholegrain** varieties.
- 4 Replace **rice crackers, rice cakes and corn thins** with **wholegrain crackers** such as Ryvita or Vita-Weat.
- 5 Add **barley, quinoa, cracked wheat or freekeh** into soups and salads.



20
minutes

of exercise every day produces a **65 per cent** improvement in sleep quality for the average Joe or Joanna. But what if you're living with full-blown insomnia? Then take up **tai chi**. Recent studies show that by practising tai chi once a week for 12 weeks, one in two insomniacs experienced a significant improvement in their sleep quality. And it's a positive effect that lasts for at least a year afterwards, too. Search for a class near you at taoist.org.au.

A Tai-Riffic Tip

How to make your meals healthier

When your next meal rolls around...

1: DRINK TWO GLASSES OF WATER BEFOREHAND. Thanks to the effect of water on how full you feel, you will consume about 370 fewer kilojoules in the meal, as a result. That can add up to losing 2.2 kilograms in 12 weeks.

2: DIVIDE YOUR PLATE INTO FOUR.

"Fill two 'quarters' with vegies or salad, one quarter with a wholegrain carbohydrate, and the last quarter with a lean serve of protein," says dietitian, Clare Collins. When people with type 2 did that for six months, they were three times more likely to shed 5 per cent of their body weight.

3: MOVE FOR 15 MINUTES WHEN YOU'RE DONE.

It's an easy way to add 45 minutes of activity into your day, but it also significantly reduces blood sugar spikes. "It doesn't have to be vigorous exercise either," says Collins. "Just going for a walk or doing some housework will do the trick."



FAST FACTS

Sleep apnoea and diabetes

- Research shows that up to 83 per cent of people living with type 2 diabetes have undiagnosed sleep apnoea.
- Having type 2 diabetes and untreated sleep apnoea increases the risk of developing sight-threatening diabetic retinopathy.
- Losing just 5 per cent of your body weight can stop sleep apnoea getting worse and may even cure it, long term.

Get more information at sleephealthfoundation.org.au.



Q&A ASK DANIELLE

What are the most important things to look for when I'm buying a new pair of training shoes?

Danielle says: The decision about exercise footwear should be less about fashion and more about purpose and function. Part of that means choosing the right type of shoe for the exercise, as different activities will require different features, both for comfort and to avoid injury. It's particularly important for people living with diabetes. Taking care of your feet is essential to help prevent foot injuries and infections that can lead to more serious complications, due to poor circulation and nerve damage. Wearing the "right" shoes – ones that cater to your foot shape or type, as well as your risk factors – is a good place to start. So if you don't know your foot shape, or your particular needs, visit a podiatrist before you invest in new training shoes. And, since sports socks can be a lot thicker than others, take the exact type of socks you plan to wear as well. ➤

Danielle Veldhoen, podiatrist

Email your questions to: diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Hay-fever *HELP*

Suffering with seasonal allergies?

You can fight back without reaching for a pack of antihistamines by:

- Using a saline nasal spray. By physically cleaning the nasal passages, as well as removing hay-fever triggers such as pollen and dust, you can reduce your symptoms by **27 per cent** and the need to take allergy medication by **62 per cent**.

- Taking a pine bark supplement. As well as reducing your hay-fever symptoms, pycnogenol (the active substance in pine bark supplements) reduces the need for a top-up with antihistamines by **75 per cent**. For the best results, look to take a supplement that contains at least 50mg of pycnogenol twice a day.



47%

How much taking a daily dose of **aspirin** can lower the risk of breast cancer for women who are living with diabetes. BUT, while some studies show that diabetes increases breast-cancer risk by as much as 20 per cent, don't start taking aspirin without first chatting with your GP. Aspirin is generally safe, but like all medicines, it can have side effects.

HANG ON A MO!

Do your bit to raise funds to combat the key health issues that can affect you and your fellow men, or the men in your life, by getting involved in **Movember** during – you guessed it – November. Can't, or don't, want to grow a moustache? No problem. There are a wide variety of ways to fundraise, so get involved! Visit au.movember.com for more information.



I often wake up in the morning with a headache – could sleep apnoea be to blame?

Dr Linjawi says: Someone who has sleep apnoea will repeatedly stop breathing or take very shallow breaths throughout their sleep, and may snort, choke, gasp or snore loudly when their normal breathing recommences. This stop-start breathing can result in reduced blood oxygen levels throughout the night. Unsurprisingly, these sleep disruptions can mean that you then wake up with a headache. To diagnose sleep apnoea, your doctor may refer you for a sleep study and, if the results confirm sleep apnoea, you may benefit from a CPAP machine. CPAP stands for continuous positive airway pressure and, as the name suggests, it supplies a constant stream of air to keep the airways open through the night. There are several models available, and most people will choose one based on the mask they find most comfortable to wear. ■

Dr Sultan Linjawi, endocrinologist

Email your questions to: diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

RECOMMENDED BY PODIATRISTS

repairs dry
cracked
heels



Fast absorbing
cream for smooth,
healthy looking heels

**Feel the difference
in just 1 day**



Diabetic
footcare
friendly

www.NS8.com.au

Available in Pharmacies nationally



Help is at hand

A new website is delivering need-to-know info about diabetes – in a really engaging way

▶ Working closely with a team of specialists, *Diabetic Living's* expert endocrinologist Dr Sultan Linjawi has launched an online diabetes education program with a difference. Called My Health Explained, it caters for people living with type 1 or type 2 diabetes and pre-diabetes, and recognises that no two people are the same.

"We wanted to make a site that's unique to the individual," says Dr Linjawi. So, as well as choosing which type of diabetes you have, selecting an age bracket and whether you're male or female, you also get to 'customise' the information you'll receive, based on a few different personality profiles.

"You can read different personas – for example, a guy who cares about his health and wants to learn a lot; a woman who feels she's too busy to worry about her diabetes; someone who feels like they don't know where to start. You choose the profile that most accurately fits you," says Dr

Linjawi. "The website will then change to create a sense of 'this is me'." It even caters for different cultures and languages.

Then, once you've created your profile and subscribed, you'll be able to access articles that provide simple tips and tricks, which are specific to you – and not just of the written variety. A lot of My Health Explained's content is delivered via simple, captivating videos, spread out over a series of 10-15-minute episodes. "There's a lot of diabetes information out there, but often it's not inspiring or is delivered via huge amounts of writing," Dr Linjawi says.

"That risks people getting bored, losing interest and leaving it. So we thought, what if we deliver educational information in a

THE DOCTOR IS IN

While it can be tempting to turn to Dr Google for all your health queries it's important to remember that not all sites are as well researched and credentialled as My Health Explained. Speak to your healthcare team about any concerns.

video format, in a way that's beautifully presented? People might enjoy the journey more and, as a result, might be more likely to engage with it and find it helpful.

"The plan is not to become a person's doctor, or to take away the role of a nurse, dietitian or diabetes educator. It's to enhance their service because you can't get hours' worth of information at the doctor – that's usually only a 20-minute appointment and





The plan is not to become a person's doctor... it's to enhance their service because you can't get hours' worth of information at the doctor.

there's a lot you need to know.”

Instead, Dr Linjawi says the program is all about inspiring people living with diabetes to take control. “I think the era where a health professional has the most say over your wellbeing is over. And particularly with diabetes – when you walk out of the doctor’s office, you’re the one who has to decide ‘Do I do this or that?’, ‘Do I eat this or that?’ and that decision is yours to be made every day, for the rest of your life.”

Catering for carers

Providing advice about how living with diabetes affects a person physiologically, psychologically and emotionally, My Health Explained is for carers, too. “We know a lot of people visit the site for their loved one – for example, men and women for their partners, daughters might subscribe for their fathers,” he says.

And if you’re a carer you’ll have a different experience. “For example, as a carer, you might receive an article that explains why men generally don’t like to see doctors, and that article will provide tips and ideas about how to motivate the man in your life to get better outcomes.”

Forward thinking

When you become a member of My Health Explained, you can also take heart in the fact that you’re helping other people living with diabetes.

“As you go through the program on the website, you are presented with a series of questions that will not only help us deliver extra information that’s targeted and relevant to you, it’ll also help us gain a clearer insight into people who are living with diabetes, so it’s a research tool as well,” Dr Linjawi said. “In partnership with Cornell University, one of the big overseas universities, we’re tracking all the outcomes of what people are telling us so we can start publishing papers about the conceptions and experiences of people living with diabetes, which will also allow us to design new and improved content for the future.”

To find out more about this new program, head to myhealthexplained.com and explore! As a starting point, make sure you click on the ‘watch this now’ video link, to learn more about Dr Linjawi and hear him talk about why signing up for this new program could be of benefit to you. ■

“I’m doing *everything* I can”

Philanthropist and business woman Susan Alberti shares her passion for AFL and finding a cure for Type 1 diabetes

▶ One of Australia’s pre-eminent philanthropists and Priceline Pharmacy Ambassador for its Mission Health: Diabetes Uncovered campaign, **Susan Alberti**, began supporting medical research when her daughter, Danielle, was diagnosed with Type 1 in the 1980s. Her commitment and determination saw Susan honoured with the Companion of the Order of Australia Award in 2016. Priceline Pharmacy is one of the main co-sponsors for the Western Bulldogs Women’s AFL team and Susan, a long-time footy fan, is a former vice president of the club and an advocate and mentor for the new women’s league.

Why are you so passionate about AFL?

I have followed the Western Bulldogs for more than 50 years. I love the passion and atmosphere and the way it unites Australians in supporting a game of our own.

Aussie Rules has always attracted women, not just as supporters but also as team managers, water carriers, ‘mum’s taxi’ and everything else. Now they are able to play at the



Susan Alberti celebrates with Western Bulldogs players

highest level in an elite league of their own, which has been a thrill for me and many other women.

What impact did Danielle’s diagnosis have on you?

My only child Danielle was diagnosed at the age of 12. Faced with the unknown, my immediate reaction was to seek medical advice and assistance. I was quite unprepared to discover Type 1 diabetes represented one of the major unknowns of medical science, and to a great extent it still does.

Danielle died at the age of 32 as a result of Type 1.

Her death only increased my determination to find a cure. I am involved in a range of

medical research projects and initiatives, however the better treatment, prevention and the Holy Grail – a cure for Type 1 diabetes – are always my overriding priorities.

What do we need to understand about diabetes?

It is not the fault of the individual, bad diet or exercise options, which result in a person developing Type 1 diabetes.

It is a chronic disease, that affects more than 140,000 Australians. We need to better help the sufferers and their families deal with the complex lifestyle changes, and challenges, they face. Visit www.susanalbertifoundation.org.au for more information.

● This October, **Priceline Pharmacy** is putting the spotlight on diabetes with trained Diabetes Advisors in every pharmacy store. Visit www.priceline.com.au/mission-health for more information.



**1 IN 4 AUSTRALIANS
HAVE UNMANAGED
HIGH BLOOD
PRESSURE***

Visit your local
TerryWhite Chemmart
today to book your **FREE**
Blood Pressure Check

*Data Source: Australian Bureau of Statistics, Australian Health Survey, 2014-15. Customised data 2017.



PROUDLY
SUPPORTING



5 WAYS WITH mangoes

Nothing says summer in Australia quite like this golden fruit – so tuck in!

• BUYING MANGOES

Choose mangoes that are firm and bright with a pleasant aroma. The colour should be characteristic of the variety.

Avoid any with black or soft spots.

How our
food works
for you
see page 74

NUTRITION INFO

PER SERVE 1280kJ,
protein 11g, total fat
15.4g (sat. fat 1.8g),
carbs 25g, fibre 10g,
sodium 92mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option

GFO

**RASPBERRY,
AVOCADO, MANGO
AND TOFU SALAD**

Bring colour to your plate
with these fresh flavours.
see recipe, page 26 >>

MANGO, COCONUT, RASPBERRY AND MINT SLUSHY

Perfect for a garden party,
your guests will love this
refreshing cocktail.

see recipe, page 26 >>



NUTRITION INFO

PER SERVE 445kJ, protein
2g, total fat 0.3g (sat. fat
0.1g), carbs 15g, fibre 3g,
sodium 16mg • Carb
exchange 1 • GI estimate
low • Gluten free

GF

**TROPICAL FROZEN
YOGHURT POPS**

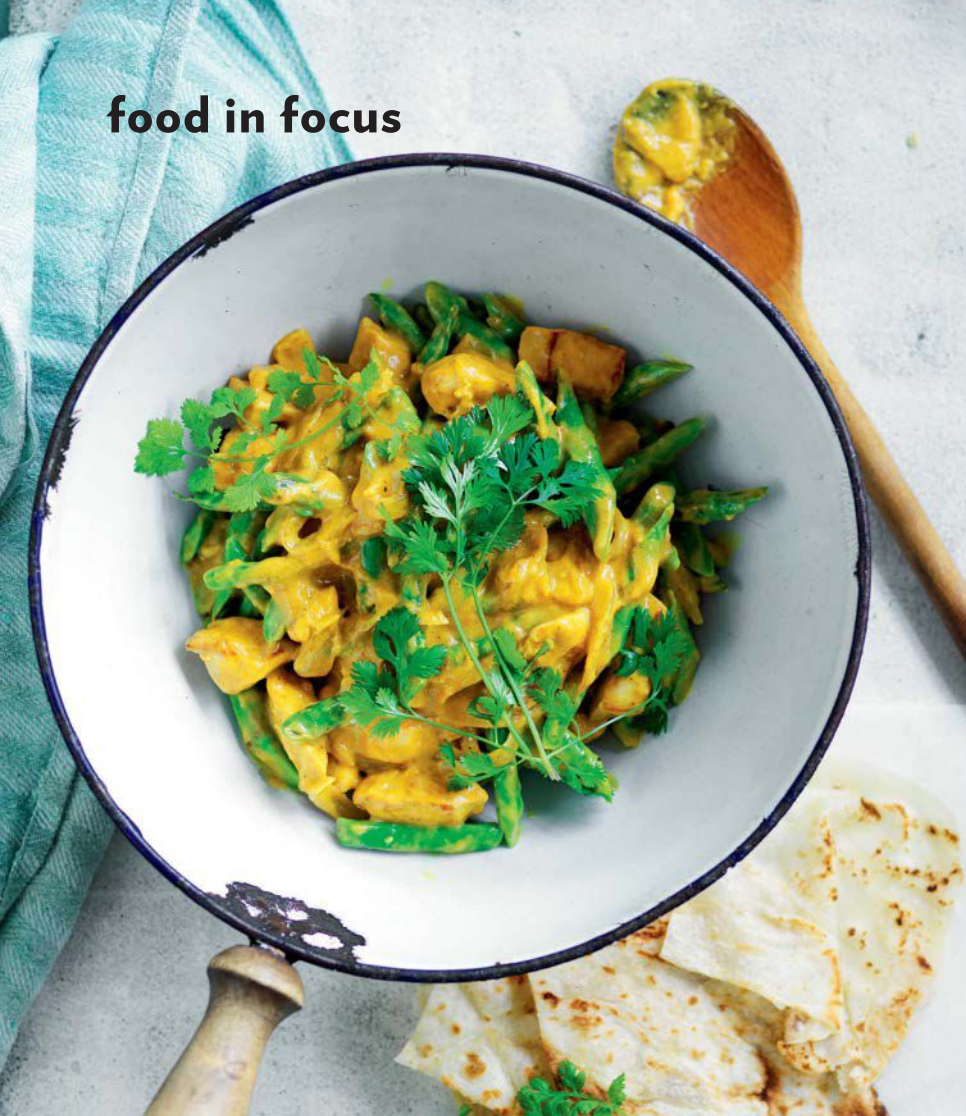
Your favourite summer treat gets
a healthy makeover.
see recipe, page 26 >>

GF

NUTRITION INFO

PER SERVE 481kJ,
protein 3g, total fat
0.7g (sat. fat 0.3g),
carbs 22g, fibre 3g,
sodium 24mg
• Carb exchanges
1½ • GI estimate
low • Gluten free

food in focus



MANGO CHICKEN

This Indian curry (left) is an Aussie family favourite, and it's not hard to see why! [see recipe, page 26 >>](#)

NUTRITION INFO

PER SERVE 2140kJ, protein 47g, total fat 12.5g (sat. fat 4.6g), carbs 48g, fibre 11g, sodium 585mg • Carb exchanges 3 • GI estimate low

MANGO AND COCONUT MOUSSE

You can't get any more decadent than a mouthful of this creamy dessert (right). [see recipe, page 27 >>](#)

NUTRITION INFO

PER SERVE 602kJ, protein 9g, total fat 3.1g (sat. fat 2.2g), carbs 18g, fibre 3g, sodium 44mg • Carb exchange 1 • GI estimate low • Gluten free

GF



Good for you

Australian mangoes are at their best in summer and are a great option for adding extra flavour and nutrition to your meals.

Like many fruits, mangoes provide a good hit of fibre, which encourages a healthy digestive system and keeps you feeling fuller for longer.

They are also low GI, helping you manage your blood glucose levels. With just 100g providing about 50 per cent of your recommended daily intake for vitamin C and vitamin A, mangoes are a superb choice for supporting normal growth and development, night vision and wound healing.

One small mango contains about 30g of carbs. So, if you're adding it to a meal containing other sources of carbs, it may be best to cut your serving size down to just one mango cheek and save the rest for another day.

NUTRITION INFORMATION

PER 100G (approximately half a small mango): 250kJ, protein 1g, total fat 0.2g (sat. fat 0g), carbs 13g, fibre 2g, sodium 1mg • Carb exchanges 1 • GI estimate low

Storing mangoes

If you find your mangoes aren't ripe enough when you purchase them, just keep them at room temperature, in a cool place that's out of direct sunlight, until they're ripe. Once ripe, keep in the vegetable crisper in the fridge. Mangoes can keep in the fridge for up to one week.



food in focus



RASPBERRY, AVOCADO, MANGO AND TOFU SALAD

PREPARATION TIME: 15 MINS

COOKING TIME: 5 MINS

SERVES 2 (AS A LIGHT MEAL)

1 tsp extra virgin olive oil

100g firm tofu, patted dry with paper towel, cut into small pieces

½ red onion, cut into thin slivers

20g hazelnuts, roasted, chopped (see Cook's tip)

50g (2 cups) mixed salad leaves

1 mango, flesh removed, sliced or chopped

125g punnet raspberries

¼ small avocado, halved, chopped

1 Tbsp red wine vinegar

1 tsp wholegrain mustard or gluten-free mustard

Freshly ground black pepper

1 Heat the oil in a medium non-stick frying pan over medium-high heat. Add tofu and cook for 3-4 minutes or until golden brown, turning occasionally. Transfer to a plate.

2 Put the onion, hazelnuts, salad

leaves and tofu into a bowl and toss to combine.

Add mango, raspberries and avocado. Toss gently to combine.

3 Divide salad between shallow serving bowls. Whisk the vinegar, mustard and pepper together. Drizzle over the salad and serve.

COOK'S TIP

To toast hazelnuts, spread out on a baking tray. Roast in an oven preheated to 170°C (fan-forced). Bake for 7-8 minutes, or until lightly toasted. Set aside to cool.



MANGO, COCONUT, RASPBERRY AND MINT SLUSHY

PREPARATION TIME: 10 MINS

SERVES 4 (AS AN OCCASIONAL SNACK)

1 mango, flesh removed, finely chopped, frozen flat in a snaplock bag

120g (1 cup) frozen raspberries

Small handful mint leaves

310ml (1¼ cups) coconut water

3 Tbsp vodka (see Cook's tip)

1 Put the mango, raspberries, mint, coconut water and vodka in a blender. Cover and blend until smooth, adding a little water if needed.

2 Divide the slushy evenly between 4 daiquiri or small serving glasses. Serve.

COOK'S TIP

For a mocktail, replace the vodka with an extra 2 Tbsp coconut water, making this an everyday drink.



TROPICAL FROZEN YOGHURT POPS

PREPARATION TIME: 15 MINS

(+ 6 HOURS FREEZING)

SERVES 12 (AS A SNACK)

2 mangoes, flesh removed

1 large banana, peeled, chopped, frozen

170g tub low-fat vanilla yoghurt

3 passionfruit, pulp removed

1 Put mango flesh, banana and yoghurt in a blender or small food processor. Process until smooth. Stir in passionfruit pulp. Pour into a measuring jug.

2 Divide mixture evenly between 6 x 60ml (¼ cup) iceblock moulds, and cover with lids or insert wooden sticks. Place in the freezer for 6-8 hours or until set.

COOK'S TIP

These will keep in the freezer for up to 3 months.



MANGO CHICKEN

PREPARATION TIME: 15 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A MAIN)

1 ripe mango, flesh removed, chopped
 125ml (½ cup) water
 1 tsp olive oil
 250g skinless chicken breast fillets, trimmed of fat, cut into chunks
 1 brown onion, cut into thin wedges
 1 clove garlic, crushed
 3cm piece ginger, peeled, finely grated
 1 Tbsp korma curry paste
 250ml (1 cup) Carnation Light & Creamy Coconut Flavoured Evaporated Milk
 150g green beans, trimmed, diagonally sliced
 1 bunch asparagus, woody ends trimmed, diagonally sliced
 Coriander leaves, to serve (optional)
 2 Supreme Quality Foods Mini Roti, warmed, to serve

1 Put mango flesh and water in a blender and blend until smooth. Set aside. Heat half the oil in a medium non-stick wok over high. Add chicken and cook for 1-2 minutes or until browned. Transfer to a plate.

2 Heat remaining oil in the wok over medium heat. Add onion, garlic and ginger. Cook, stirring often, for 6-7 minutes or until the onion softens. Add curry paste and cook, stirring, for 1 minute.

3 Add mango mixture and milk to the wok. Bring to a simmer over medium heat. Add chicken to the wok with the beans and asparagus. Simmer for 5 minutes or until chicken is cooked and vegetables are tender. Top with coriander, if you like, and serve with the warmed roti bread.

COOK'S TIP

You can replace the asparagus with 150g broccoli, cut into small florets.



MANGO AND COCONUT MOUSSE

PREPARATION TIME: 15 MINS

(+ 4 HOURS SETTING)

SERVES 4 (AS A DESSERT)

2 Tbsp boiling water
 2 tsp powdered gelatine
 2 x 170g tubs Chobani Coconut Yogurt
 1 tsp vanilla essence
 1 ripe mango, flesh removed, pureed or finely chopped and mashed
 1 mango cheek, flesh finely sliced or chopped, to serve
 1 Tbsp coconut flakes, toasted, to serve (see Cook's tip)

1 Put the boiling water in a small heatproof bowl. Sprinkle over gelatine and stir until completely dissolved.

2 Whisk the yoghurt and vanilla essence together until smooth. Stir in the pureed mango. Add gelatine mixture and stir until smooth. Divide mixture evenly between 4 small serving bowls or glasses. Cover and put in the fridge for 4 hours, or until completely set.

3 Top the mango mousse with the mango slices and toasted coconut flakes to serve.

COOK'S TIP

To toast the coconut, place flakes in a small non-stick frying pan and cook over a medium heat, stirring continuously, for 3-4 minutes or until lightly toasted. ■



mains

7 days 7 dinners

Looking for simple, tasty and healthy meals to whip up? Look no further than our inspiring weekly menu





MONDAY

**AVOCADO, CORN
AND PRAWN SALAD**

Light and luscious, let this plate
transport you to the seaside.

see recipe, page 36 >>

GF

How our
food works
for you
see page 74

NUTRITION INFO

PER SERVE 2070kJ, protein 39g,
total fat 17.4g (sat. fat 3.9g), carbs
38g, fibre 13g, sodium 557mg
• Carb exchanges 2½
• GI estimate low • Gluten free



GFO

TUESDAY

CARAMELISED ONION AND VEGIE PIZZA

Skip the takeaway and whip up this healthy alternative in no time. [see recipe, page 36 >>](#)



NUTRITION INFO

Left: PER SERVE 1850kJ, protein 25g, total fat 12.3g (sat. fat 4.9g), carbs 52g, fibre 10g, sodium 446mg • Carb exchanges 3½ • GI estimate medium • Gluten-free option

NUTRITION INFO

Below: PER SERVE 2030kJ, protein 46g, total fat 11g (sat. fat 2g), carbs 37g, fibre 16g, sodium 229mg • Carb exchanges 2½ • GI estimate low • Gluten-free option



GFO

WEDNESDAY

MARINATED PORK WITH CORN AND SALAD

Dive into this summery twist of meat and three veg. [see recipe, page 36 >>](#)

LEFTOVERS

PANTRY

Pumpkin seeds: Use in slices, muesli or biscuits, or over fruit and yoghurt.

Miso: Pop in soups and dressings.

Pita bread: Use as a pizza base, or fill with your favourite salad ingredients, a drained can of tuna in springwater and a spoonful of low-fat cottage cheese for a quick and easy lunch.

Sourdough bread: Perfect for breadcrumbs, and you can freeze for later. Or toast and spread with mashed avo, roast tomatoes, spinach and a poached egg for a tasty breakfast.

CHILLED

Sour cream: Good for baking, or on top of a baked Carisma or sweet potato with herbs and pepper.

GFO

THURSDAY

MISO ROASTED EGGPLANT WITH CHARGRILLED BEEF

Delight your tastebuds with the umami flavour of miso in this impressive dish.

see recipe, page 37 >>



NUTRITION INFO

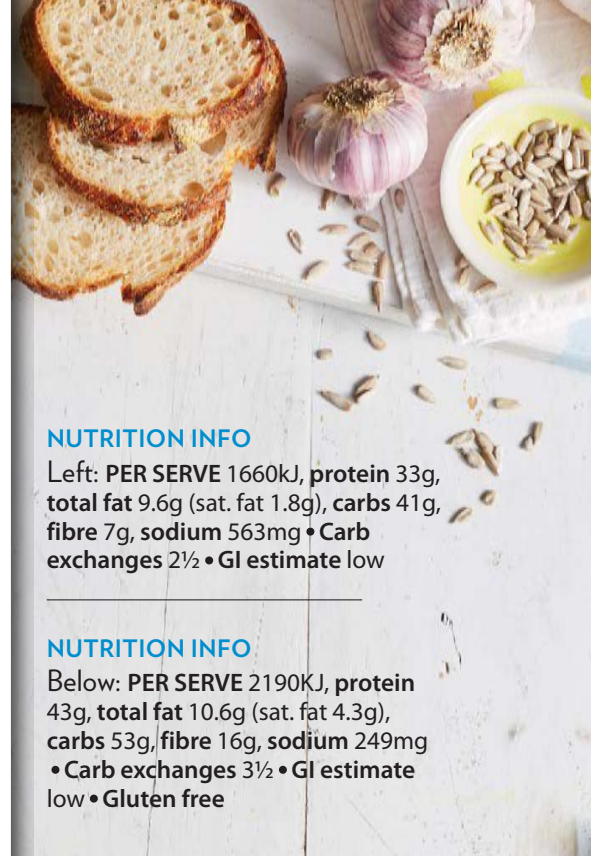
PER SERVE 1810kJ,
protein 36g, total fat
13.8g (sat. fat 3.3g), carbs
39g, fibre 11g, sodium
347mg • Carb exchanges
2½ • GI estimate low
• Gluten-free option



FRIDAY

FISH AND SLAW BURGERS

This fish dish is an absolutely slaw-some start to your weekend.
see recipe, page 37 >>



NUTRITION INFO

Left: PER SERVE 1660kJ, protein 33g, total fat 9.6g (sat. fat 1.8g), carbs 41g, fibre 7g, sodium 563mg • Carb exchanges 2½ • GI estimate low

NUTRITION INFO

Below: PER SERVE 2190KJ, protein 43g, total fat 10.6g (sat. fat 4.3g), carbs 53g, fibre 16g, sodium 249mg • Carb exchanges 3½ • GI estimate low • Gluten free



SATURDAY

CHILLI CON CARNE

A hearty comfort-food classic that will spice up your life.
see recipe, page 38 >>

GF

LEFTOVERS

FRUIT AND VEGETABLES

Thyme: Use in casseroles, soups and pasta sauces.

Parsley: Add to dressing and salsas.

Dill: Delicious with seafood and lemon, or in dressings or pasta sauce.

Coleslaw: Put on your sandwich as an alternative to salad leaves.

Orange juice: Use in dressings or with salt-reduced soy sauce, garlic, ginger and chilli for a stir-fry sauce.

Eggplant: Perfect in a bolognese.

Avocado: Throw into salads or spread on your wrap or sandwich.

Cucumber: Chop up and munch for a quick and healthy snack.

Kale: For a snack, remove centre stalk and shred. Spray with oil, season and bake in a 170°C oven for 10 minutes.

SUNDAY

LEMONGRASS, THYME AND GARLIC CHICKEN SKEWERS

Juicy and full of flavour, this chicken on a stick will please the whole family.

see recipe, page 38 >>

GFO



NUTRITION INFO

PER SERVE 2000kJ, protein 42g,
total fat 14.1g (sat. fat 2.8g),
carbs 40g, fibre 10g, sodium
471mg • Carb exchanges 2½
• GI estimate medium
• Gluten-free option



Break the fast

We have all heard the saying that “breakfast is the most important meal of the day” – but what are the benefits? And which are the best foods to choose? **DL** dietitian Shannon Lavery explains.....

Breakfast literally means to break the fast. Overnight our bodies use up all the energy from our evening meal, so our energy stores are depleted and our metabolism has slowed down, often leaving us feeling sluggish and drained. Eating a healthy and nutritious meal first thing in the morning (as opposed to a coffee and doughnut or nothing at all!) has been shown to have many health benefits, such as:

- Improved blood glucose management
- Increased energy levels
- Enhanced concentration and memory
- Improved metabolism
- Lower body mass index (BMI), which reduces your risk of some chronic diseases.

For many of us, mornings can often be a rush to get out the door and start our daily activities, so breakfast can often be forgotten or poorly planned. Putting together a healthy breakfast need not be elaborate or difficult, it is as easy as these three simple steps.

1 Choose a low glycemic index (GI) carbohydrate to help manage your blood glucose levels and give you sustained energy to get you through the morning. For example, you can try rolled oats, multigrain bread or some baked beans.

FUN FACT

In Australia, it will cost you less than one dollar per day for a tasty bowl of breakfast cereal topped with milk.

2 Team your carbs with a source of protein to keep you feeling fuller for longer. This could be a boiled egg, a handful of nuts or reduced-fat milk, yoghurt or cheese.

3 Add some fruit or vegetables for extra fibre and the nutrients required for good health. This will also give you a kickstart in reaching your goal of two serves of fruit and five serves of vegetables a day. Try adding diced seasonal fruit to cereal or top your toast with sliced tomato, avocado or sautéed mushrooms.

For more delicious and simple breakfast ideas check out our meal planner on page 70.



YOUR shopping list

GROCERIES

- ☐ 250g pkt pumpkin seeds
- ☐ 6 pkt Pittes Lite Souvlaki & Pizza Bread
- ☐ 500g jar no-added-salt tomato paste
- ☐ 400g pkt miso paste
- ☐ 6 pkt wholemeal pita bread (67g each)
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 400g can no-added-salt red kidney beans

FRUIT AND VEGETABLES

- ☐ 1 avocado
- ☐ 3 cobs corn
- ☐ 1 stalk lemongrass
- ☐ 300g orange sweet potato
- ☐ 1 large zucchini
- ☐ 1 large carrot
- ☐ 1 bunch baby beets
- ☐ 105g rocket leaves
- ☐ 1 red onion
- ☐ 3 brown onions
- ☐ 1 bunch kale
- ☐ 1 Lebanese cucumber
- ☐ 3 red capsicums
- ☐ 150g Swiss brown mushrooms
- ☐ 4 lemons
- ☐ 1 lime
- ☐ 1 bunch thyme, parsley, dill, coriander
- ☐ 300g pkt fine cut coleslaw (no dressing)
- ☐ 1 orange
- ☐ 1 large eggplant
- ☐ 1 bunch gai lum
- ☐ 500g tomatoes

MEAT AND POULTRY

- ☐ 300g pork fillet
- ☐ 2 x 125g beef fillet steak
- ☐ 300g skinless chicken breast fillets
- ☐ 500g extra-lean beef mince

DELI

- ☐ 100g reduced-fat ricotta
- ☐ Reduced-fat grated cheese
- ☐ Parmesan
- ☐ 300g tub extra-light sour cream

BAKERY

- ☐ Sourdough bread
- ☐ 2 x 70g multigrain rolls

SEAFOOD

- ☐ 500g green prawns
- ☐ 2 x 100g pieces boneless white fish fillets

PANTRY

- ☐ Olive oil cooking spray
- ☐ Balsamic vinegar
- ☐ Extra virgin olive oil
- ☐ Brown sugar
- ☐ Apple cider vinegar
- ☐ Wholemeal plain flour
- ☐ 60g egg
- ☐ Skim milk
- ☐ 97% fat-free mayonnaise
- ☐ Massel Salt-Reduced Chicken-Style Stock Cube
- ☐ 8 cloves garlic
- ☐ SunRice Doongara Clever Low GI White Rice
- ☐ Whisky
- ☐ Wholegrain mustard
- ☐ Balsamic glaze
- ☐ Pepper
- ☐ Ground coriander
- ☐ Ground paprika
- ☐ Ground cinnamon
- ☐ Ground cumin
- ☐ Ground chilli
- ☐ 97% fat-free French dressing
- ☐ Wooden skewers

mains



AVOCADO, CORN AND PRAWN SALAD

PREPARATION TIME: 20 MINS

(+ COOLING)

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 300g small orange sweet potato, peeled, chopped or cut into rounds
- 1 bunch baby beets, trimmed, peeled, cut into wedges
- Olive oil cooking spray
- 1 cob corn, husk and silk removed
- 500g green prawns, peeled and deveined, with tails left intact
- Freshly ground black pepper
- 1 Tbsp pumpkin seeds
- 35g (1½ cups) rocket leaves
- 100g reduced-fat ricotta, crumbled
- ½ small avocado, sliced
- 3 tsp balsamic vinegar
- 1 tsp extra virgin olive oil

1 Preheat oven to 210°C (fan-forced). Line a roasting pan with baking paper. Place sweet potato and beets in pan and spray with oil. Wrap corn in foil and add to oven with pan. Roast for 20-25 minutes or until vegetables are tender. Set aside for 10 minutes. Cut corn off cob in large shards.

2 Meanwhile, preheat a chargrill pan on medium-high. Spray prawns with oil and season with pepper. Add to pan and cook for 2-3 minutes or until cooked through, turning occasionally.

Transfer to a plate.

3 Toss sweet potato, beets, corn, prawns, pumpkin seeds and rocket in a bowl. Divide between serving bowls. Top

with ricotta and avocado. Whisk vinegar, oil and pepper. Drizzle over the salad and serve.

COOK'S TIPS

Replace the sweet potato with pumpkin, rocket with mixed salad or baby spinach, and balsamic vinegar with lemon or lime juice.



CARAMELISED ONION AND VEGIE PIZZA

PREPARATION TIME: 15 MINS

(+ COOLING)

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 2 tsp extra virgin olive oil
- 2 brown onions, thinly sliced
- 1 clove garlic, crushed
- 100g Swiss brown mushrooms, sliced
- 100g kale, inner core removed, finely chopped
- 2 tsp balsamic vinegar
- 2 x Pittes Lite Souvlaki & Pizza Bread or gluten-free bread
- ½ small red capsicum, cut into thin strips
- 60g (½ cup) reduced-fat grated cheese
- 35g (1½ cups) rocket leaves
- 10g parmesan shavings
- Balsamic glaze, to serve (optional)

1 Heat the oil in a large, non-stick frying pan on medium heat. Add the onions and garlic. Cook, stirring, for 10 minutes or until onion is very soft. Add mushrooms and kale. Continue cooking for 5-10 minutes or until kale is soft. Stir in the vinegar and then transfer to plate. Set aside for 10 minutes.

2 Preheat oven to 210°C (fan-forced). Line 2 baking trays with baking paper. Put bread on trays and spread with onion mix. Top with capsicum and grated cheese. Bake for 10-12 minutes or until cheese melts and base is crisp.

3 Meanwhile, toss together rocket leaves and parmesan. Serve pizza with salad and drizzle with balsamic glaze, if you like.

COOK'S TIPS

Replace brown onions with red onions, Swiss brown mushrooms with regular mushrooms and red capsicum with green capsicum.



MARINATED PORK WITH CORN AND SALAD

PREPARATION TIME: 15 MINS

(+ MARINATING)

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

- 1 Tbsp whisky
- 2 tsp apple cider vinegar
- 2 tsp brown sugar
- 1 Tbsp thyme leaves
- 1 Tbsp no-added-salt tomato paste
- Juice of 1 lemon
- 300g pork fillet, trimmed of fat
- 2 cobs corn, husk and silk removed, wrapped in foil
- Olive oil cooking spray
- 90g (1½ cups) fine cut coleslaw
- ½ red capsicum, cut into thin strips
- 50g Swiss brown mushrooms, sliced
- ¼ small red onion, cut into thin slivers



1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
1 tsp extra virgin olive oil
1 tsp wholegrain mustard or gluten-free mustard

1 Combine whisky, vinegar, sugar, thyme, tomato paste and half the lemon juice in a shallow dish. Add the pork and turn to coat. Cover and set aside for 10 minutes to marinate.

2 Preheat a barbecue grill on medium. Add corn to barbecue. Cook for 20 minutes, turning occasionally, or until cooked.

3 Meanwhile, drain the pork, reserving marinade. Spray pork with cooking spray and add to barbecue. Cook for 7-8 minutes, turning occasionally and brushing with reserved marinade, for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside.

4 Combine coleslaw mix, capsicum, mushrooms and onion in a bowl. Whisk mayonnaise, remaining lemon juice, oil and mustard. Toss into salad and toss to combine.

5 Slice pork thickly and diagonally and serve with corn and salad.

COOK'S TIPS

You can swap the Swiss brown mushrooms for button mushrooms and red onion for 2 green shallots.



MISO ROASTED EGGPLANT WITH CHARGRILLED BEEF

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A MAIN)

½ large eggplant, cut in 2 wedges
2 tsp miso paste or gluten-free miso paste
Olive oil cooking spray
60g (¼ cup) SunRice Doongara Clever Low GI White Rice
2 x 125g pieces beef fillet steak
Freshly ground black pepper
1 tsp extra virgin olive oil
1 bunch gai lum, trimmed, washed, chopped
2 cloves garlic, crushed
1 red capsicum, cut into chunks

1 Preheat oven to 200°C (fan-forced). Line a shallow roasting pan with baking paper. Place eggplant in pan and brush miso over cut sides. Spray with oil and cook for 20-25 minutes or until eggplant is tender. Cover with foil if eggplant starts to burn.

2 Meanwhile, cook the rice according to pack instructions. Drain well and set aside.

3 Preheat the chargrill on medium-high. Season steak with pepper and spray with oil. Add to the grill and cook for 2 minutes each side, for medium, or until cooked to your liking. Transfer to a plate and cover loosely with foil.

4 Heat oil in a large non-stick wok on high. Add gai lum, garlic and capsicum. Stir-fry for 2-3 minutes or until tender. Add rice and toss to heat through.

5 Serve steak with eggplant and the rice mixture.

COOK'S TIPS

Replace the gai lum with baby bok choy and the beef with lamb leg steaks or pork loin medallions.



FISH AND SLAW BURGERS

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

2 Tbsp wholemeal plain flour
60g egg
2 Tbsp skim milk
30g (½ cup) fresh breadcrumbs made from sourdough bread
1 Tbsp chopped flat-leaf parsley
1 Tbsp chopped dill
Zest of ½ lemon
2 x 100g pieces boneless white fish fillets
Olive oil cooking spray
2 tsp 97% fat-free mayonnaise
1 Tbsp fresh orange juice
Freshly ground black pepper
60g (1 cup) fine cut coleslaw
2 x 70g multigrain rolls, split in half
½ small lebanese cucumber, peeled into ribbons

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Put flour on a plate. Whisk egg and milk in a bowl. ➤



mains

Combine breadcrumbs, herbs and lemon in a shallow dish.

2 Dip fish in flour, then egg and then lightly in the breadcrumbs. Place on lined tray. Spray with oil and bake for 10-12 minutes or until cooked through.

3 Meanwhile, whisk mayonnaise and orange juice in a small bowl. Season with pepper. Add the coleslaw and toss to combine.

4 Add coleslaw to base of each roll. Top with cucumber and fish. Serve with top of roll on the side.

COOK'S TIPS

Replace fish with skinless chicken breast fillet and cucumber with snow pea sprouts.



CHILLI CON CARNE

PREPARATION TIME: 15 MINS

COOKING TIME: 50 MINS

SERVES 4 (AS A MAIN)

- 1 tsp olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp smoked paprika
- 1 tsp ground cinnamon
- ¼ tsp ground chilli
- 1 large red capsicum, chopped
- 1 large zucchini, coarsely grated
- 1 large carrot, coarsely grated
- 500g extra-lean beef mince
- 400g can no-added-salt chopped tomatoes
- 500g tomatoes, chopped
- 1 Massel Salt-Reduced Chicken-Style Stock Cube
- 250ml (1 cup) boiling water
- 400g can no-added-salt kidney beans, rinsed and drained

120g (½ cup) SunRice Doongara
Clever Low GI White Rice

4 Tbsp extra-light sour
cream, to serve

Coriander leaves, to serve

Lime wedges, to serve

1 Heat oil in a large heavy-based saucepan over medium. Add onion and garlic. Cook, stirring occasionally, for 6-7 minutes or until onion softens. Add cumin, coriander, paprika, cinnamon and chilli. Cook, stirring, for 1 minute. Add capsicum, zucchini and carrot and cook, stirring often, for 2 minutes.

2 Increase heat to high and add mince. Cook, stirring often, for 3-4 minutes or until mince browns. Add canned tomato, fresh tomato and combined stock cube and boiling water. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered, for 10 minutes. Remove lid and cook gently over medium for 15 minutes. Add beans and continue to cook for a further 5-10 minutes or until the mixture reduces and thickens.

3 Meanwhile, cook the rice following pack instructions.

4 Divide rice and chilli between shallow serving bowls. Top with sour cream and coriander. Serve with lime wedges.



LEMONGRASS, THYME AND GARLIC CHICKEN SKEWERS

PREPARATION TIME: 10 MINS

COOKING TIME: 5 MINS

SERVES 2 (AS A MAIN)

1 stalk lemongrass, trimmed,
finely chopped

1 Tbsp thyme leaves

3 cloves garlic, crushed

3 tsp extra virgin olive oil

Juice of 1 small lemon

300g skinless chicken breast
fillet, trimmed of fat, thinly
sliced lengthways

6 wooden skewers, soaked in
cold water for 30 minutes

Olive oil cooking spray

2 wholemeal pita bread (67g each)
or gluten-free pita bread

35g (1½ cups) rocket leaves

60g (1 cup) fine cut coleslaw

½ red onion, cut into thin wedges

1 Tbsp 97% fat-free French
dressing or gluten-free dressing

2 lemon wedges, to serve

1 Combine the lemongrass, thyme, garlic, oil and lemon juice in a shallow dish. Add the chicken and toss well to coat. Thread chicken onto the soaked wooden skewers.

2 Preheat a chargrill plate on medium-high. Spray chicken with cooking spray and add to the grill. Cook for 3-4 minutes, turning occasionally, or until cooked through. Transfer to a plate and cover loosely with foil. Spray both sides of the pita bread with cooking spray. Add to the chargrill and cook for 1-2 minutes each side, or until heated through.

3 Meanwhile, combine the rocket, coleslaw and onion in a bowl. Add salad dressing and toss to combine.

4 Serve the skewers with lemon wedges, grilled pita bread and salad on the side.

COOK'S TIPS

You can replace the chicken with skinless and boneless firm white fish fillets and the rocket with baby spinach leaves. ■

Colgate®

**DON'T
THINK
TWICE**



**EXTRA PROTECTION
FOR SENSITIVE TEETH***

*Against daily acid attacks. For the relief of tooth sensitivity. Always read the label. Use only as directed. See your dentist if symptoms persist.

GOOD
TO KNOW

Entertaining this festive season does not need to break the bank. By using cheaper options like seasonal vegies and turkey steaks, these recipes are designed to save your dollars.

A christmas FEAST

Enjoy this delicious Christmas lunch that's big on flavour and friendly on your wallet

AVOCADO, FETA AND TOMATO BRUSCHETTA

It's smashed avo on toast – the amped-up Christmas version.
see recipe, page 50 >>

NUTRITION INFO

PER SERVE 813kJ, protein 8g, total fat 10.4g (sat. fat 2.8g), carbs 16g, fibre 3g, sodium 307mg • Carb exchanges 1 • GI estimate low • Gluten-free option

GFO

\$1.85 PER SERVE



celebrate

SMOKED SALMON, DILL AND RICOTTA MINI QUICHES

A bite-size canapé that
won't spoil your appetite.
see recipe, page 50 >>

How our
food works
for you

see page 74

NUTRITION INFO
PER SERVE 577kJ,
protein 9g, total fat
4.4g (sat. fat 1.1g),
carbs 15g, fibre 1g,
sodium 230mg
• Carb exchange 1
• GI estimate low

\$2.15 PER SERVE

GREENS WITH PARMESAN AND GARLIC CRUMBS

Top garden-fresh greens with a crunchy crumb that's full of flavour.

see recipe, page 50 >>

GFO

NUTRITION INFO

PER SERVE 262kJ, protein 5g, total fat 1.2g (sat. fat 0.5g), carbs 5g, fibre 3g, sodium 82mg

- Carb exchanges ½
- GI estimate low
- Gluten-free option

\$2.90 PER SERVE

NUTRITION INFO

PER SERVE 846kJ, protein 5g, total fat 6.9g (sat. fat 1.9g), carbs 24g, fibre 11g, sodium 21mg • Carb exchanges 1½

• GI estimate low • Gluten free

GF

\$1.50 PER SERVE

SAGE, CHILLI AND GARLIC ROAST POTATOES

Think you can't improve roast spuds? Think again.
see recipe, page 51 >>



PROSCIUTTO-WRAPPED BABY CARROTS AND ASPARAGUS

Sweet baby carrots in a blanket of crispy prosciutto? Yes, please! see recipe, page 51 >>

NUTRITION INFO

PER SERVE 545kJ,
protein 8g, total fat
8.1g (sat. fat 1.9g),
carbs 5g, fibre 4g,
sodium 427mg
• Carb exchanges ½
• GI estimate low
• Gluten-free option

GFO

\$3.80 PER SERVE

BROWN RICE AND ROAST VEGETABLE SALAD

A delicious way to eat your veggies,
and great for leftovers.

see recipe, page 51 >>

NUTRITION INFO

PER SERVE 764kJ,
protein 5g, total fat
5.9g (sat. fat 0.8g),
carbs 23g, fibre 7g,
sodium 65mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option

GFO

\$2.70 PER SERVE

A festive dining table with three white plates. The foreground plate features two turkey steaks topped with a vibrant red cherry and port sauce. Behind it, another plate has a similar dish. In the background, a third plate holds a fresh salad with green leaves, red berries, and white cheese. The table is set with silverware, a red and white striped napkin, and a bowl of extra sauce. Festive greenery and a glass of red wine are visible in the upper left corner.

celebrate

NUTRITION INFO

PER SERVE 1080kJ, protein 34g,
total fat 6.3g (sat. fat 1.5), carbs
12g, fibre 2g, sodium 365mg
• Carb exchange 1 • GI estimate
low • Gluten free

GF

\$4.80 PER SERVE

**TURKEY STEAKS WITH
CHERRY AND PORT SAUCE**

There's no need to wrestle with
a large whole bird when you can
cook turkey steaks with ease.

see recipe, page 52 >>



ROAST CHICKEN WITH MARMALADE GLAZE

Perfectly roasted
chicken will always be
a crowd-pleaser.
see recipe, page 52 >>

NUTRITION INFO

PER SERVE 819kJ, protein
29g, total fat 3.6g (sat. fat
1.1), carbs 11g, fibre 1g,
sodium 47mg • Carb
exchanges $\frac{1}{2}$ • GI estimate
low • Gluten-free option

GFO

\$2.70 PER SERVE

NUTRITION INFO

PER SERVE 667kJ,
protein 6g, total fat
4.3g (sat. fat 0.9g),
carbs 23g, fibre 2g,
sodium 107mg

- Carb exchanges 2
- GI estimate medium
- Gluten-free option

\$2.40 PER SERVE

**SPICED NUTTY
PAYLOVA WITH
RICOTTA CREAM**

A traditional pavlova gets
a seasonal makeover with
the addition of fragrant
spices and nuts.

see recipe, page 52 >>

*It's not Christmas
every day, so take the
time to enjoy these
sweet finishes*

GFO

NUTRITION INFO
PER SERVE 663kJ,
protein 8g, total fat
2g (sat. fat 1.2g),
carbs 27g, fibre 2g,
sodium 127mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

\$1.20 PER SERVE

CHOCOLATE MOUSSE

You'll love every indulgent
mouthful of this velvety
choc mousse.

see recipe, page 53 >>





AVOCADO, FETA AND TOMATO BRUSCHETTA

PREPARATION TIME: 20 MINS

(+30 MINS STANDING)

COOKING TIME: 5 MINS

SERVES 4 (AS A STARTER)

2 tomatoes, seeded,
finely chopped
2 green shallots, trimmed,
finely chopped
1 Tbsp roughly
chopped mint
1 tsp extra virgin olive oil
1½ Tbsp freshly squeezed
lemon juice
Freshly ground black pepper
1 small avocado, flesh removed
4 x 30g slices sourdough bread
or gluten-free bread
Olive oil cooking spray
1 clove garlic, halved
50g reduced-fat feta, crumbled

1 Combine tomatoes, shallots, mint, oil and 2 teaspoons of the lemon juice in a bowl. Season with pepper. Set aside for 30 minutes to allow flavours to develop.

2 Mash avocado roughly with a fork in a small bowl and stir in the remaining 1 tablespoon of lemon juice. Season with pepper.

3 Preheat an oven grill on medium-high. Spray one side of the bread with cooking spray. Place under grill and cook for 2-3 minutes each side, or until lightly golden. Rub top side (sprayed with oil) of bread with cut garlic. Cut each piece of bread in half crossways, if you like.

4 Spread mashed avocado over the garlic side of each piece of bread. Then top with the tomato

mixture and sprinkle over the crumbled feta. Serve the dish immediately.



SMOKED SALMON, DILL AND RICOTTA MINI QUICHES

PREPARATION TIME: 25 MINS

COOKING TIME: 20 MINS

SERVES 4 (MAKES 12, 3 PER
SERVE AS A STARTER)

Cooking spray
6 slices (30g each) low-GI
white bread
60g salt-reduced smoked
salmon, finely chopped
2 green shallots, trimmed,
finely sliced
1 Tbsp finely chopped dill, plus
extra sprigs, to serve
Freshly ground black pepper
50g light Pantalica Smooth Ricotta
60g egg
60ml (¼ cup) low-fat milk
½ tsp Dijon mustard

1 Preheat oven to 180°C (fan-forced). Spray 12 x 30ml (1½ Tbsp) round-bottomed patty pans with cooking spray.

2 Using a rolling pin, roll each slice of bread out until thin. Using a 6.5cm round cutter, cut 2 rounds out of each slice of bread, using remaining bread to make into breadcrumbs and freeze. Roll each round out a little more with the rolling pin. Use rounds to line patty pans, pressing down firmly. Bake for 4 minutes. Remove from the oven and set aside.

3 Combine salmon, shallots, dill and pepper in a small bowl.

Divide the ricotta evenly between the bread cases and spread over base. Top with the salmon mixture. Whisk egg, milk and mustard together and pour a little into each case. Bake for 15-20 minutes or until set and light golden brown. Serve warm with dill sprigs.



GREENS WITH PARMESAN AND GARLIC CRUMBS

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 4 (AS A LOW-CARB SIDE)

2 bunches broccolini,
ends trimmed
2 bunches asparagus, woody
ends trimmed
Squeeze of fresh lemon juice

Parmesan and garlic crumbs

30g sourdough bread
or gluten-free bread,
processed into crumbs
1 large clove garlic, crushed
2 Tbsp finely grated parmesan
2 tsp shredded flat-leaf parsley

1 To make parmesan and garlic crumbs, preheat oven to 180°C (fan-forced). Line a small baking tray with baking paper. Combine the breadcrumbs, garlic and parmesan in a small bowl. Spread

out over the lined tray. Bake for 5-8 minutes, stirring once, until crumbs are golden brown.

Transfer to a bowl to cool.

Once cool, stir in parsley.

2 Meanwhile, put broccolini and asparagus in a steamer basket over a large wok or saucepan of simmering water. Steam for 2 minutes or until the vegetables are tender crisp.

3 To serve, place the greens on a serving platter. Drizzle with lemon juice. Sprinkle the garlic crumbs over and serve immediately.



PROSCIUTTO-WRAPPED BABY CARROTS AND ASPARAGUS

PREPARATION TIME: 20 MINS

COOKING TIME: 15 MINS

SERVES 4 (AS A LOW-CARB SIDE)

16 baby (Dutch) carrots, trimmed, scrubbed
3 tsp wholegrain mustard or gluten-free mustard
4 thin slices prosciutto, halved lengthways
16 asparagus spears, woody ends trimmed
3 tsp balsamic vinegar
1 tsp extra virgin olive oil
1 tsp freshly squeezed lemon juice
Freshly ground black pepper

1 Preheat oven to 200°C (fan-forced). Line a large baking tray with baking paper.

2 Put the carrots in a shallow, microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on

High/100% for 2-3 minutes. Drain and rinse under cold water. Pat dry with paper towel.

3 Spread a little mustard over each strip of prosciutto. Wrap 2 carrots and 2 asparagus spears in a strip of prosciutto. Place on the lined baking tray. Repeat with remaining carrots, asparagus and prosciutto, making 8 bunches in total.

4 Roast the vegetables for 10 minutes, or until asparagus is tender. Whisk together the vinegar, oil, lemon juice and pepper. Place vegetable parcels on a platter. Drizzle dressing over the vegetables. Serve.



SAGE, CHILLI AND GARLIC ROAST POTATOES

PREPARATION TIME: 20 MINS

COOKING TIME: 45 MINS

SERVES 4 (AS A CARB SIDE)

400g Carisma potatoes, peeled, cut into small chunks
400g orange sweet potato, peeled, cut into small chunks
1 Tbsp extra virgin olive oil
⅓ cup sage leaves, halved lengthways
4 cloves garlic, thinly sliced
½ large red chilli, halved lengthways, seeds removed, very thinly sliced

1 Put a large steamer basket over a pan of simmering water. Add the Carisma potatoes to basket and then steam for 2 minutes over medium heat. Add the sweet potato and then steam

together for 12 minutes or until almost tender.

2 Preheat oven to 220°C (fan-forced). Line a large roasting pan with baking paper. Arrange the potatoes in a single layer within the pan. Drizzle oil over potatoes and toss gently to combine.

3 Roast potatoes for 25 minutes. Add sage, garlic and chilli to the roasting pan and toss to combine. Roast for 5 minutes or until the potatoes are light golden brown and crispy. Toss. Serve.



BROWN RICE AND ROAST VEGETABLE SALAD

PREPARATION TIME:

15 MINS (+ 20 MINS COOLING)

COOKING TIME:

30 MINS

SERVES 4 (AS A CARB SIDE)

85g (⅓ cup) low-GI brown rice
350g eggplant, chopped
1 red onion, cut into thin wedges
1 red capsicum, chopped
2 zucchini, chopped
1 Tbsp extra virgin olive oil
2 cloves garlic, crushed
Juice of 1 lemon
2 tsp wholegrain mustard or gluten-free mustard
2 tsp balsamic vinegar
3 Tbsp chopped flat-leaf parsley ➤

celebrate

1 Cook rice in a medium saucepan of boiling water for 25-30 minutes or until it's tender. Drain the rice and then transfer to a large bowl.

2 Meanwhile, preheat oven to 220°C (fan-forced). Line a large roasting pan with baking paper. Put the eggplant, onion, capsicum and zucchini and oil in a bowl. Toss to combine then spread over roasting pan. Roast for 20 minutes or until tender. Add the garlic and toss to combine. Roast for 5 minutes or until the vegetables are light golden brown.

3 Add roasted veg to the rice and toss to combine. Whisk lemon juice, mustard and vinegar. Add to salad and toss to combine. Set aside for 20 minutes. Stir in parsley and serve.



TURKEY STEAKS WITH CHERRY AND PORT SAUCE

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 4 (AS A PART OF A MAIN)

1 tsp extra virgin olive oil
4 x 150g turkey breast steaks, pounded to an even thickness

Cherry and port sauce

¼ tsp extra virgin olive oil
½ red onion, finely chopped

250g cherries, pitted, finely chopped
Zest of ½ orange
Juice of 1 orange
3cm piece ginger, peeled, finely grated
2 Tbsp port

1 To make cherry and port sauce, heat oil in a medium saucepan over medium-low. Add onion and cook, stirring occasionally, for 5-6 minutes or until the onion softens. Add the cherries, orange zest, juice, ginger and port. Cover and bring to a simmer. Simmer, covered, over medium-low heat, for 10 minutes. Remove the lid and increase the heat to medium. Simmer, uncovered, for a further 15 minutes, or until the mixture thickens.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium-high. Add the turkey steaks and cook for 3 minutes on one side. Turn over and cook for 2 minutes or until the turkey is just cooked through.

3 Serve the turkey steaks topped with the sauce.



ROAST CHICKEN WITH MARMALADE GLAZE

PREPARATION TIME: 15 MINS

COOKING TIME: 1 HOUR 10 MINS

SERVES 4 (AS A PART OF A MAIN)
WITH LEFTOVERS FOR 2

1.6kg free-range chicken, excess fat removed
3 Tbsp Buderim Ginger Ginger, Lemon & Lime Marmalade
1 Tbsp cranberry sauce

Zest and juice of 1 orange
60ml (¼ cup) salt-reduced chicken stock or gluten-free stock
2 tsp Dijon mustard or gluten-free mustard
1 Tbsp thyme leaves

1 Preheat oven to 180°C (fan-forced). Line a roasting pan with baking paper. Use your fingers to loosen skin over chicken breast. Carefully remove skin off breasts and legs, leaving wings intact and skin on knuckles at end of legs. Place chicken in pan and tie legs together with kitchen string.

2 Put the marmalade, cranberry sauce, orange zest and juice, stock and mustard in a small saucepan. Cook, stirring, over medium heat until well combined. Increase heat to high and bring to a simmer. Reduce heat to medium and simmer for 10-15 minutes, or until the mixture reduces and thickens. Stir in half of the thyme leaves.

3 Brush chicken with a little glaze. Roast for 50-60 minutes, brushing with extra glaze every 15 minutes (using a thicker layer of glaze on final coat), or until a skewer inserted in the thickest part of the chicken produces juices that run clear. Sprinkle over remaining thyme leaves, to serve.



SPICED NUTTY PAVLOVA WITH RICOTTA CREAM

PREPARATION TIME: 25 MINS

(+ 2 HOURS COOLING)

COOKING TIME: 1 HOUR 30 MINS
SERVES 4 (AS A DESSERT)

2 egg whites (from 60g eggs),

at room temperature
Pinch cream of tartar
5 Tbsp caster sugar
1 tsp cornflour or gluten free
cornflour
½ tsp mixed spice
1 Tbsp hazelnut meal
125g mixed berries (such as
raspberries, blueberries
and blackberries)
1 Tbsp chopped roasted
and skinned hazelnuts
(see Cook's tip)

Ricotta cream

150g Pantalica Smooth
Light Ricotta
1 Tbsp icing sugar or gluten free
icing sugar, sifted
½ tsp finely grated orange zest
¼ tsp vanilla extract

1 Preheat oven to 120°C (fan-forced). Line a large baking tray with baking paper.

2 Using electric beaters, whisk egg whites and cream of tartar until soft peaks form. Add sugar 1 tablespoon at a time, whisking well between each addition until the sugar dissolves. Continue whisking until all the sugar has dissolved. Stir in cornflour, mixed spice and hazelnut meal.

3 Spoon the mixture evenly into 4 piles and spread out each into circles that are about 9cm in diameter, rounding the sides with a palette knife. Add to the oven and then reduce the oven temperature down to 100°C (fan-forced). Bake for 1½ hours. Turn the oven off and put a wooden spoon into the oven to hold the door ajar. Leave in open oven for 2 hours to cool.

4 To make ricotta cream, combine ricotta, icing sugar, orange zest and vanilla extract in a small bowl.

5 To serve, place pavlova shells on serving plates. Top with ricotta

cream, berries and chopped hazelnuts.

COOK'S TIP

To roast hazelnuts, spread on a small baking tray and roast in an oven preheated to 180°C (fan-forced) for 6-8 minutes or until aromatic. Rub the skins off the hazelnuts and roughly chop.



CHOCOLATE MOUSSE

PREPARATION TIME: 20 MINS

(+ 4 HOURS CHILLING)

COOKING TIME: 10 MINS

SERVES 4 (AS A DESSERT)

2 Tbsp cocoa powder or gluten-free cocoa powder, sifted
2 Tbsp caster sugar
2 Tbsp custard powder or gluten-free custard powder
250ml (1 cup) skim milk
2 Tbsp boiling water
2 tsp powdered gelatine
130g (½ cup) low-fat vanilla yoghurt, plus extra 1 Tbsp (1 tsp per person), to serve
2 egg whites (from 60g eggs), at room temperature
10g milk or dark chocolate, shaved, to serve
3 strawberries, quartered, to serve

1 Put cocoa powder, caster sugar and custard powder in a small saucepan. Gradually whisk in the milk. Cook, stirring, over medium heat until mixture thickens and comes to a simmer. Whisk until

smooth. Set aside, whisking occasionally to stop skin forming.

2 Put the boiling water in a small heatproof bowl and sprinkle over the gelatine. Stir well until gelatine is almost dissolved. Put in the microwave on High/100% for 20 seconds. Stir well until gelatine dissolves.

3 Whisk the gelatine into the chocolate mixture. Whisk in the ½ cup yoghurt. Set aside for 10 minutes.

4 Using electric beaters, whisk the egg whites in a large bowl until soft peaks form. Add a spoonful to the chocolate mixture and fold in well. Add the remaining egg white and fold in gently until just combined. Spoon mousse evenly between 4 serving dishes. Place dishes on a tray and put in the fridge for 4 hours, or until set.

5 To serve, top each individual mousse with a spoonful of yoghurt, a sprinkle of the chocolate shavings and a few slices of strawberry. ■



SENSATIONAL *salads*

Greet the warmer weather with crisp, refreshing textures and flavours

TABOULEH FLATBREADS WITH BABA GHANOUSH

Although it takes time to make baba ghanoush, it's worth every second!
see recipe, page 56>>

GF

SWEET PICKLED ONION

These are an amazing pantry standby and enhance any salad.
see recipe, page 56>>

How our
food works
for you
see page 74

NUTRITION INFO

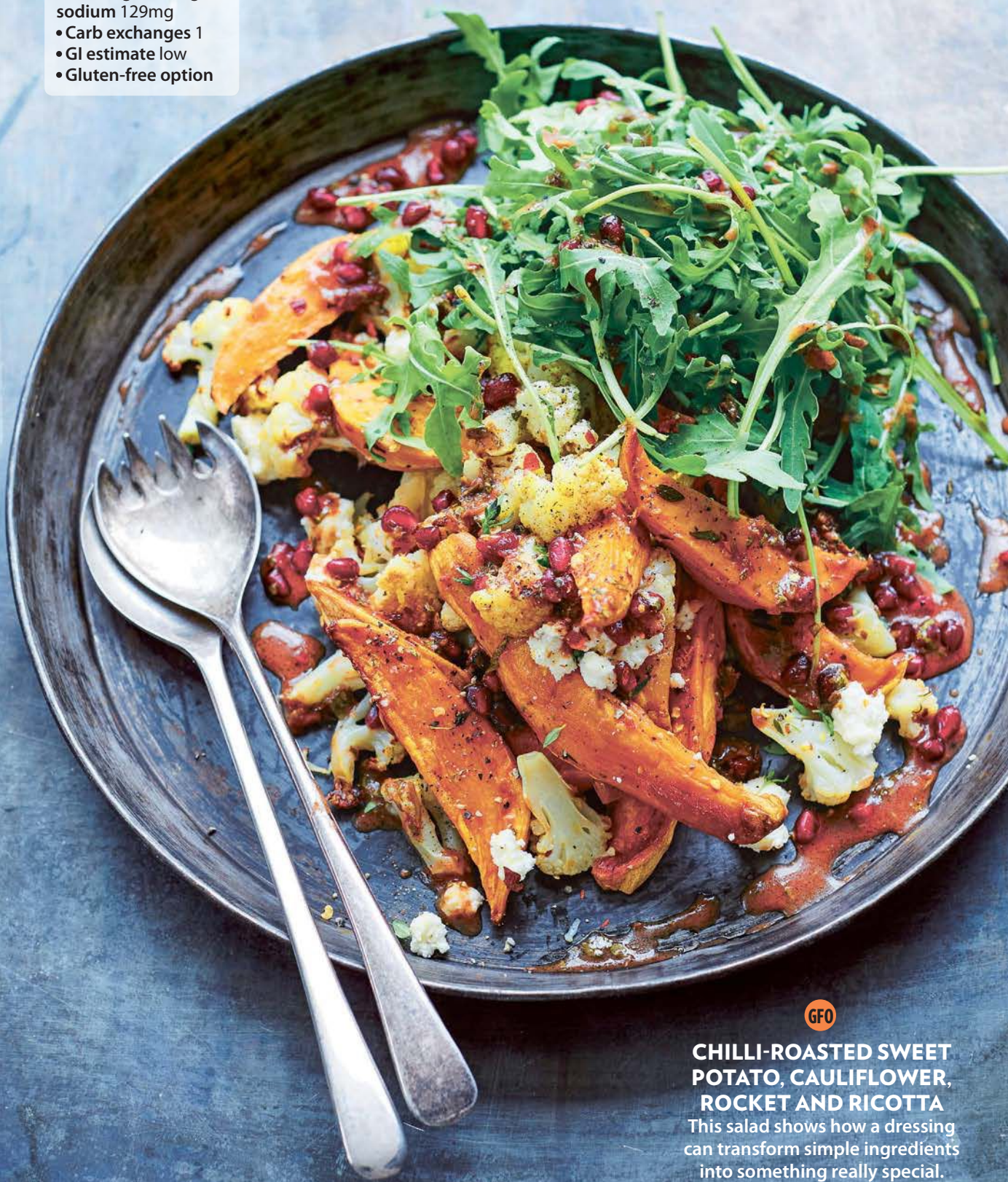
PER SERVE 1400kJ,
protein 10g, total fat
15.6g (sat. fat 2.3g),
carbs 32g, fibre 17g,
sodium 68mg
• Carb exchanges 2
• GI estimate medium

PICKLED ONION

PER SERVE 360kJ,
protein 1g, total fat 0.4g
(sat. fat 0.1g), carbs 16g,
fibre 2g, sodium 40mg
• Carb exchange 1
• GI estimate medium
• Gluten free

NUTRITION INFO

PER SERVE 1020kJ,
protein 8g, total fat
14.4g (sat. fat 2.6g),
carbs 16g, fibre 9g,
sodium 129mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option



GFO

**CHILLI-ROASTED SWEET
POTATO, CAULIFLOWER,
ROCKET AND RICOTTA**

This salad shows how a dressing
can transform simple ingredients
into something really special.

see recipe, page 56 >>

GF

**FENNEL AND NECTARINE WITH
BLACK QUINOA, WATERCRESS
AND GOAT'S CHEESE**

Crunchy fennel, sweet nectarine, peppery watercress and fragrant dill, plus creamy goat's cheese – this is a show-off dish!

see recipe, page 57 >>



NUTRITION INFO

PER SERVE 1030kJ,
protein 10g, total fat
13.5g (sat. fat 4.8g),
carbs 18g, fibre 5g,
sodium 139mg
• Carb exchanges 1
• GI estimate low
• Gluten free

*You will make friends
with salad when you
serve these stunners!*

NUTRITION INFO
PER SERVE 875kJ,
protein 22g, total fat
4.2g (sat. fat 0.7g),
carbs 17g, fibre 7g,
sodium 72mg
• Carb exchanges 1
• GI estimate low
• Gluten free



GF

**TURMERIC
AND GINGER
CHICKEN SALAD**

This salad is as vibrant
as they come, in both
appearance and flavour.
see recipe, page 57>>

book extract



TABOULEH FLATBREADS WITH BABA GHANOUSH

SERVES 4 (AS A LIGHT MEAL)

30g bulgar wheat
100g flat-leaf parsley,
finely chopped
40g mint, leaves picked
and finely chopped
350g cucumber, halved,
deseeded and diced
100g cherry or baby plum
tomatoes, halved
Juice of 1 lemon
1 tablespoon olive oil
Freshly ground black pepper
2 Lebanese flatbreads, or
pitta breads, halved (about
70g each), to serve
¼ jar Sweet Pickled Onion (see
recipe, right), or 3 spring onions,
finely chopped, to garnish

For the baba ghanoush

2 medium eggplant
1 head of garlic
1½ tablespoons tahini
1 tablespoon olive oil

1 To make the baba ghanoush, the flavour is best when this is done the night before you want to serve it. Char eggplant over the naked flame of a gas hob for about 30 minutes, until skins are crisp, brittle and totally blackened, and centres so soft the eggplant are collapsing in on themselves. Transfer to a bowl, cover in clingfilm and allow to cool.

2 Preheat the oven to 200°C.

3 Wrap the garlic in foil, place on a baking tray and roast for 40 minutes.

4 Gently peel the skin from the eggplant and place in a bowl. Squeeze the soft flesh from the garlic cloves and mash it into the eggplant. Add the tahini and olive oil and beat everything together until you have a nice smooth purée. Season to taste.

5 Boil the bulgar wheat in water for 15 minutes. Refresh under cold water to stop the cooking process and set aside to drain thoroughly. Transfer the bulgar to a large bowl and stir in parsley, mint, cucumber and tomatoes. Dress with the lemon juice, olive oil and a good pinch of pepper.

6 Heat the flatbreads in a moderate oven and serve stuffed with the tabouleh and baba ghanoush and garnished with sweet pickled onion.

SWEET PICKLED ONION

FILLS 500ML JAR

2 red onions
230ml apple cider vinegar
50g sugar
¾ tablespoon black peppercorns
3 dried chillies
4 thyme sprigs

1 Peel, halve and slice the red onions as thinly as possible (use the slicer attachment of a food processor or mandolin if you have one) and place in a 500ml sterilised jar.

2 Heat remaining ingredients in a small saucepan until almost boiling. Stir gently to dissolve the sugar, then remove from the heat and allow to cool completely.

3 Pour over the onions and leave for 2 or 3 days before using. Refrigerate once opened. They will keep for up to 4 weeks once opened.



CHILLI-ROASTED SWEET POTATO, CAULIFLOWER, ROCKET AND RICOTTA

SERVES 4 (AS A LIGHT MEAL)

1 sweet potato (about 250g),
cut into 3cm cubes
1 medium cauliflower (about
750g), broken into florets
2 teaspoons chilli flakes
5 thyme sprigs, leaves picked
2 tablespoons olive oil
Freshly ground black pepper
100g rocket
1 quantity Pomegranate,
Mint and Coriander Dressing
(see recipe, opposite)
50g ricotta or feta
cheese, crumbled

1 Preheat the oven to 200°C. Line a large baking tray with foil.

2 Toss the sweet potato and cauliflower with the chilli flakes, thyme and olive oil. Spread in an even layer on the baking tray, season generously and roast for 20 minutes.

3 When cool, toss with the rocket and half of the dressing and finish with the crumbled ricotta or feta cheese.

4 Serve the remaining dressing for people to help themselves to more if they wish.



POMEGRANATE, MINT AND CORIANDER DRESSING

MAKES 150ML

1 teaspoon cumin seeds
2 tablespoons olive oil
1½ tablespoons
pomegranate molasses
1 tablespoon Dijon mustard
or gluten-free mustard
½ teaspoon agave nectar or honey
Juice of 1 lime and zest of ½
50g pomegranate seeds
5g each coriander and mint,
finely chopped
Freshly ground black pepper

1 Toast the cumin seeds in a dry frying pan for a couple of minutes. Pound using a mortar and pestle and grind to a rough powder.

2 Transfer to a bowl, add the remaining ingredients and whisk together. Season to taste. Refrigerate until needed. It will keep for up to 1 week.



FENNEL AND NECTARINE WITH BLACK QUINOA, WATERCRESS AND GOAT'S CHEESE

SERVES 4 (AS A LIGHT MEAL)

60g black quinoa
1 medium fennel bulb (about 250g), cut into quarters
2 large ripe nectarines, halved, stoned and sliced thinly
5 or 6 dill sprigs, fronds roughly chopped
50g watercress
1½ tablespoons extra virgin olive oil

Juice of 1 lemon
Freshly ground black pepper
100g soft goat's cheese
1 teaspoon truffle honey (optional)

1 Place the quinoa in a saucepan and cover with 140ml of water, bring to the boil and simmer, covered, for 15 minutes. Allow to cool in the saucepan – it will continue cooking in the steam.

2 Use thinnest slicer attachment on a food processor or a mandolin to slice the fennel. Place in a medium bowl with nectarines, cooled quinoa, dill and watercress.

3 Dress with olive oil and lemon juice and season generously with pepper. Serve with the goat's cheese crumbled on top with a drizzle of truffle honey, if using.

COOK'S TIP

Plain honey or hazelnut agave nectar can be used instead of truffle honey.



TURMERIC AND GINGER CHICKEN SALAD

SERVES 4 (AS A LIGHT MEAL)

1 large or 2 small chicken breasts (about 250g)
60g black quinoa
150g baby spinach, finely shredded
1 red capsicum, deseeded and thinly sliced
100g green beans, finely chopped
50g alfalfa sprouts, or whatever sprouts you have grown or can find
5g chives, finely chopped

10g flat-leaf parsley, finely chopped
1 lime, cut into wedges, to serve

For the dressing

100g tofu
25g fresh turmeric root (or 1 heaped teaspoon of ground turmeric)
15g fresh ginger, peeled
1 tablespoon maple syrup
Juice of 1 lime
Freshly ground black pepper

1 Bring a large pot of water to the boil. Add the chicken breast and quinoa. Simmer the chicken for 10 minutes then remove and set aside to cool. Allow the quinoa to cook for a further 10 minutes then drain into a sieve and run under cold water to cool and stop it from cooking any further.

2 Meanwhile, make the dressing. In a small food processor, blitz everything together until smooth. Taste for seasoning: if it is too sour, add a touch more maple syrup; if it is too sweet, add an extra squeeze of lime juice.

3 When the chicken is cool, finely chop and put into a small bowl. Toss with a few spoonfuls of the dressing.

4 Arrange vegetables, herbs, quinoa and chicken on a large platter, and serve dressing alongside to be poured all over. Add a squeeze of lime for the perfect finishing touch. ■

Recipe from
*Skinny salads: 80
flavour-packed
recipes of less
than 300 calories*
by Kathryn
Bruton.
Published by Kyle
Books. RRP \$35.
On sale now.





IN SEASON

Asparagus



Enjoy the taste of summer with versatile fresh asparagus

ASPARAGUS, TOMATO AND BASIL SALAD

PREPARATION TIME: 10 MINS

COOKING TIME: 5 MINS

SERVES 4 (AS A NON-CARB SIDE)

- 3 bunches asparagus, woody ends trimmed, diagonally sliced into 4cm pieces
- 50g (2 cups) mixed salad leaves or baby spinach leaves
- 250g punnet cherry tomatoes, halved
- ½ cup small basil leaves
- 1 Tbsp finely shredded parmesan
- 1 Tbsp pine nuts or chopped walnuts, toasted (see Cook's tip)

Dressing

- 1½ Tbsp white wine vinegar
- 2 tsp extra virgin olive oil
- 1 tsp honey
- Freshly ground black pepper

1 Bring a saucepan of water to the boil. Add asparagus. Return to the boil. Drain and rinse under cold water to stop the asparagus cooking. Drain and pat dry with a clean tea towel or paper towel.

2 Put salad leaves, asparagus, tomatoes and basil in a bowl. Toss to combine.

3 To make the dressing, whisk all the ingredients in a small bowl.

4 Add dressing to salad and toss to combine. Place salad on a serving platter. Sprinkle with parmesan and pine nuts. Serve.

COOK'S TIP

To toast nuts, heat a small non-stick frying pan over medium. Add nuts and cook, stirring often, for 3-4 minutes or until lightly toasted. ➤

in season

How our food works for you
see page 74

NUTRITION INFO

PER SERVE 430kJ, protein 5g, total fat 5.8g (sat. fat 1g), carbs 5g, fibre 5g, sodium 46mg

- Carb exchanges ½
- GI estimate low
- Gluten free

GF



ASPARAGUS, TOMATO AND BASIL SALAD

Otherwise known as summer on a plate.

in season

**PANKO-PARMESAN
ASPARAGUS WITH
GARLIC DIPPING SAUCE**

An easy party starter.
see recipe, page 62 >>

NUTRITION INFO

PER SERVE 747kJ,
protein 9g, total fat
5.3g (sat. fat 2g),
carbs 21g, fibre 3g,
sodium 290mg
• Carb exchanges 1½
• GI estimate medium

GFO

NUTRITION INFO

PER SERVE 158kJ,
protein 5g, total fat
0.6g (sat. fat 0.2g),
carbs 1g, fibre 2g,
sodium 270mg
• Carb exchanges 0
• GI estimate n/a
• Gluten-free option

**GRILLED ASPARAGUS
WITH BACON AND
MAPLE GLAZE**

Salty-sweet bacon pairs perfectly
with garden-fresh asparagus
see recipe, page 62 >>

in season

GRILLED ASPARAGUS AND ONION CROSTINI

Invite friends over for an easy light lunch.

see recipe, page 66 >>

GFO

NUTRITION INFO

PER SERVE 378kJ,
protein 6g, total fat
2.7g (sat. fat 1.4g),
carbs 9g, fibre 2g,
sodium 129mg

- Carb exchanges ½
- GI estimate low
- Gluten-free option

in season



PANKO-PARMESAN ASPARAGUS WITH GARLIC DIPPING SAUCE

PREPARATION TIME: 15 MINS

COOKING TIME: 15 MINS

SERVES 6 (AS A CARB SIDE)

40g (¼ cup) wholemeal plain flour
60g egg
110g (¾ cup) panko breadcrumbs
20g (¼ cup) finely grated parmesan
Freshly ground black pepper



24 spears asparagus, woody ends trimmed
Cooking spray

Garlic dipping sauce

3 Tbsp 97% fat-free mayonnaise
3 Tbsp low-fat Greek-style natural yoghurt
1 Tbsp white wine vinegar
2 Tbsp chopped flat-leaf parsley
1 tsp Dijon mustard
1 clove garlic, crushed

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Place flour in a shallow dish. Put egg in a shallow bowl and whisk well. Put panko, parmesan and pepper in a food processor. Cover and pulse until mixture is finely chopped. Transfer panko mixture to a shallow dish.

2 Roll each asparagus spear in flour. Dip in egg, then roll in the panko mixture to coat. Place on lined baking tray and sprinkle with any remaining panko mixture. Spray with oil. Place in oven and bake for 12-15 minutes or until the asparagus is tender and coating is golden.

3 Meanwhile, to make garlic dipping sauce, combine all the ingredients in a small bowl.

4 Serve asparagus with the garlic dipping sauce.



GRILLED ASPARAGUS WITH BACON AND MAPLE GLAZE

PREPARATION TIME: 10 MINS

(+ COOLING)

COOKING TIME: 15 MINS

SERVES 6 (AS A NO-CARB SIDE)

HOW TO STORE

Wrap asparagus in a damp tea towel and place in a plastic bag. Store in the crisper section of the fridge. Alternatively, stand the spears in a container filled with 1cm cold water. Cover with a plastic bag and keep in the fridge.

125g pkt Weight Watchers Bacon, each piece cut into 3 lengthways
2 bunches asparagus, woody ends trimmed
2 Tbsp Queen Maple Flavoured Syrup (sugar free)
2 tsp hot water
½ tsp Dijon mustard or gluten-free mustard
Pinch cayenne pepper

1 Place bacon between pieces of paper towel on a microwave-safe plate. Cook on High/100% for 1½-2 minutes or until partially cooked. Set aside to cool.

2 Divide asparagus into six portions. Wrap a few pieces of bacon around each portion and secure with toothpicks. Combine maple syrup, water, mustard and cayenne pepper in a small bowl.

3 Preheat a barbecue grill or chargrill plate on medium. Add asparagus bundles and cook for 8-10 minutes, or until bacon is crispy, turning frequently and brushing with maple syrup mixture for the last 2 minutes of cooking. Remove from grill and serve warm. ➤

It's crunch time with this veg!

NUTRITION INFO

PER SERVE 1710kJ, protein 27g, total fat 18.7g (sat. fat 5.2g), carbs 29g, fibre 8g, sodium 520mg • Carb exchanges 2 • GI estimate low • Gluten-free option

GFO



ASPARAGUS, PRAWN AND MINT PASTA

Elegant enough for guests, easy enough for a midweek meal. [see recipe, page 66 >>](#)



SPRING ASPARAGUS TART

Help yourself
to a tasty slice
of spring.
*see recipe,
page 67 >>*

NUTRITION INFO

PER SERVE 1202kJ,
protein 11g, total fat
14.9g (sat. fat 2.6g),
carbs 25g, fibre 4g,
sodium 112mg
• Carb exchanges 1½
• GI estimate low

Good for you

Super low in kilojoules and carbohydrates, asparagus will have little effect on your blood glucose levels, but will have a huge effect on your nutrient intake!

HOW TO PICK

Look for firm, bright and smooth spears with closed, compact tips.

It contains an array of different vitamins and minerals required for good health, including vitamin C, folate, thiamine, riboflavin, niacin and potassium (to name a few!), plus several phytochemicals to help support healthy blood vessels.

Summer is the perfect time to indulge in fresh asparagus. Try one of our tasty recipes, add it to your next stir-fry or toss through a fresh salad for a different flavour and texture.

Asparagus also makes the perfect accompaniment to a dip platter in place of crackers.

If you are on a blood-thinning medication and need to monitor your vitamin K intake, it may be best to keep your portions small and check with your healthcare team.

NUTRITION INFORMATION

PER 100G (approximately six asparagus spears):
88kJ, **protein** 2.5g, **total fat** 0.1g (sat. fat 0g),
carbs 1g, **fibre** 2g, **sodium** 2mg • **Carb exchanges** 0

in season



GRILLED ASPARAGUS AND ONION CROSTINI

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 8 (AS A SNACK
OR ENTREE)

- 2 bunches asparagus, woody ends trimmed
- 3 x 2.5mm-thick slices red onion
- Cooking spray
- 2 Tbsp shredded basil
- 30cm (200g) sourdough baguette or gluten-free baguette, halved horizontally (see Cook's tip)

90g ($\frac{3}{4}$ cup) reduced-fat
grated mozzarella
Extra basil, to serve (optional)

1 Preheat a barbecue grill over medium heat. Spray the asparagus and onion with cooking spray. Add onion to the barbecue grill and cook, turning occasionally, for 7-10 minutes or until tender, adding the asparagus for the last 4 minutes, turning occasionally. Transfer to a plate and set aside to cool slightly.

2 Chop the onion and cut the asparagus into 2.5cm pieces. Combine the onion and basil in a small bowl.

3 Meanwhile, hollow out the inside of the bread halves, leaving a 1.5cm shell. Add the bread halves cut-side down to the grill. Grill for 1-2 minutes or until lightly toasted. Remove from grill.

4 Fill the bread halves with the onion mixture and asparagus. Sprinkle with cheese and return to the barbecue. Cover and cook for 1-2 minutes or until bottoms are toasted and cheese is melted. Cut into slices and top with extra basil, if you like.

COOK'S TIP

Use any leftover bread to make breadcrumbs. You can seal them in a snaplock bag and freeze for up to 3 months.



ASPARAGUS, PRAWN AND MINT PASTA

PREPARATION TIME: 20 MINS

COOKING TIME: 20 MINS

SERVES 4 (AS A MAIN)

HOW TO PREPARE

Snap off any woody ends from each spear using your forefinger and thumb. Snap the asparagus as close to the woody end as possible to minimise any waste.

- 170g dried wholemeal linguine or gluten-free pasta
- 2 Tbsp extra virgin olive oil
- 1 brown onion, finely chopped
- Freshly ground black pepper
- 125ml ($\frac{1}{2}$ cup) salt-reduced chicken stock or gluten-free stock
- 1 Tbsp freshly squeezed lemon juice
- 1 Tbsp light margarine
- 60g ($\frac{2}{3}$ cup) finely shredded parmesan
- 500g green prawns, peeled and deveined, leaving tails intact
- 2 garlic cloves, crushed
- 2 bunches asparagus, woody ends trimmed
- Olive oil cooking spray
- 1 tsp finely grated lemon zest
- 2 Tbsp chopped mint

1 Cook pasta in a large saucepan of boiling water for 5 minutes. Drain well, reserving 160ml ($\frac{2}{3}$ cup) of cooking water. Set aside.

2 Heat half of the oil in a large non-stick frying pan over medium heat. Add onion and cook, stirring occasionally, for 6-7 minutes or until the onion softens.

3 Add the linguine, reserved pasta water and pepper to the pan. Cook for 4 minutes or until pasta is just tender and most of the water is absorbed, stirring often. Add stock, lemon juice, margarine and half the parmesan. Cook, stirring, for 2 minutes.

4 Meanwhile, preheat a barbecue grill or chargrill on medium-high. Toss the prawns, garlic, remaining

in season

oil and pepper in a bowl. Thread the prawns onto 4 x 30cm skewers, leaving a small gap between each prawn. Spray asparagus with cooking spray. Add the prawn skewers and asparagus to the grill. Cook for 4-6 minutes, turning once, or until prawns are cooked and asparagus is tender crisp.

5 Cut the tips from asparagus and cut stalks into 2.5cm pieces. Stir asparagus into the linguine mixture and heat through. Serve topped with the prawns, remaining parmesan, lemon zest and mint.

COOK'S TIP

If using wooden skewers, soak in cold water for 30 minutes to prevent them burning.



SPRING ASPARAGUS TART

PREPARATION TIME: 30 MINS

(+ COOLING)

COOKING TIME: 50 MINS

SERVES 6 (AS A LIGHT MEAL)

2 bunches asparagus, woody ends trimmed, cut into 3cm pieces

4 green shallots, trimmed, thinly sliced

Cooking spray

2 Tbsp skim milk

30g goat's cheese

1 Tbsp wholemeal plain flour

5 x 60g eggs, lightly whisked

1 tsp finely chopped thyme, plus extra, to serve

Freshly ground black pepper

2 radishes, trimmed, thinly sliced

Balsamic glaze, to serve

Pastry

115g (¾ cup) wholemeal plain flour

75g (½ cup) plain flour

2 Tbsp light margarine

2 Tbsp canola oil

3-4 Tbsp cold water

1 To make pastry, combine the flours in a medium bowl. Add margarine and use fingertips to rub in until well combined. Pour in the oil and mix to combine. Add the water, 1 tablespoon at a time, mixing until the dough starts to come together. Turn out onto a lightly floured surface and bring together to form a ball.

2 Preheat oven to 190°C (fan-forced). Roll out pastry on a lightly floured surface to line a 34cm x 11.5cm (base measurement) tart tin with removable base. Place pastry in tart tin, pressing into corners. Trim and discard edges. Top pastry with baking paper and fill with baking beans or raw rice. Bake for 20 minutes. Remove baking paper and beans. Cook pastry for a further 5 minutes or until cooked through. Set aside on a wire rack to cool.

3 Line a baking tray with baking paper. Place asparagus and shallots on tray and spray with cooking spray. Bake for 5 minutes.

4 Meanwhile, whisk milk and goat's cheese in a medium bowl. Whisk in flour. Add eggs, thyme and pepper. Whisk to combine.

5 Place tart tin on a baking tray lined with baking paper. Arrange asparagus and shallots over pastry shell. Pour over cheese mixture. Bake for 20 minutes or until the filling is set and golden brown. Set aside in the tin on a wire rack to cool for 10 minutes.

6 To serve, remove side from tin. Top with radishes and extra thyme leaves. Drizzle with a little balsamic glaze and serve. ■



Helps to regulate blood sugar, maintain blood pressure, and control blood lipid levels.



Fast Ed's salad special

BHG TV's 'Fast Ed' Halmagyi delivers a deliciously easy salad that's perfect for a picnic or backyard barbecue

▶▶ Summer party food is often delicious, but not necessarily the healthiest option. This recipe proves you really can have both. Introducing this amazing salad – it's colourful, tasty and really good for you. Plus, it's terrific for alfresco entertaining at home or in the park.

GRAPEFRUIT CHICKEN CUP SALAD

PREPARATION TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

4 pink grapefruit
2 cups shredded cooked barbecue chicken

1 lebanese cucumber, coarsely grated
2 Tbsp sunflower seeds, chopped
1 Tbsp dried cranberries, chopped
2 green shallots, finely sliced
½ bunch dill, leaves picked, finely chopped
½ bunch basil, leaves picked and shredded
130g (½ cup) low-fat Greek-style natural yoghurt
2 tsp Worcestershire sauce
2 tsp honey
2 cloves garlic, crushed
Micro herbs, to serve (optional)

1 Use a sharp knife to cut the top third off the grapefruit, then cut a small slice off the bottom so grapefruit will sit upright on a plate. Cut between rind and flesh

with a small knife, leaving skin intact, then remove connecting membranes and dice the flesh.

2 Put diced grapefruit, chicken, cucumber, sunflower seeds, cranberries, shallots, dill and basil in a small bowl. Toss to combine.

3 Whisk yoghurt, Worcestershire sauce, honey and garlic together in a small bowl. Pour dressing over the grapefruit mixture and toss well to combine.

4 Spoon the grapefruit mixture evenly between grapefruit shells. Top with micro herbs, if you like.

COOK'S TIP

Make sure you remove the skin and stuffing before shredding the chicken.



SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, buy *Better Homes and Gardens* and tune in to the *BHG TV* show on Channel 7. Check your local TV guide for scheduling information.



How our
food works
for you
see page 74

NUTRITION INFO

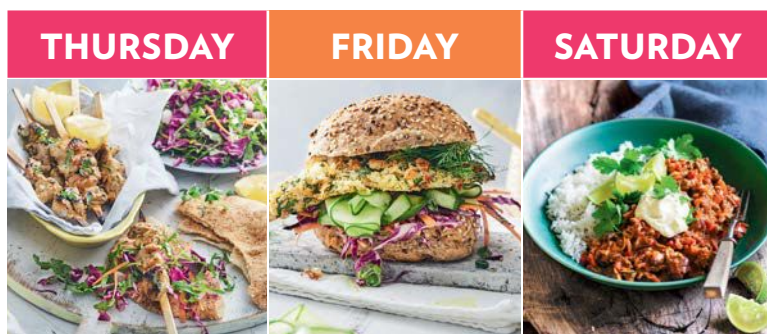
PER SERVE 1290kJ,
protein 28g, total fat 9.7g
(sat. fat 2.6g), carbs 22g,
fibre 6g, sodium 441mg
• Carb exchanges 1½
• GI estimate low

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	2 poached eggs on 2 slices wholegrain sourdough toast, plus small skim latte	Lychee and banana smoothie (page 73) 	Mango and passionfruit bircher muesli (page 73)	Herbed cottage cheese and salmon on rye (page 73)
Optional snack	1 piece seasonal fruit	 30g nuts	4 Vita-Weats, 40g reduced-fat cheddar and sliced tomato	1 piece seasonal fruit
Lunch	Raspberry, avocado, mango and tofu salad (page 26)	Prepare for the busy week to come by chopping up 10 cups of mixed salad at the beginning of the week and then storing it in the fridge. Each day, portion out 2 cups of the salad and then add in a lean protein (eg, 95g canned tuna/salmon, 60g sliced chicken breast or roast beef, 40g reduced-fat )		
Optional snack	1 slice raisin toast with 1 tsp margarine	2 Ryvita crispbreads topped with sliced tomato	175g tub Yoplait Formé yoghurt and a kiwi fruit	1 wholemeal crumpet with 1 tsp 100% fruit jam
Dinner	Marinated pork with corn and salad (recipe page 36) <i>Pictured above</i>	Caramelised onion and veggie pizza (page 36) <i>Pictured above</i>	Miso roasted eggplant with char-grilled beef (page 37) <i>Pictured above</i>	Avocado, corn and prawn salad (page 36) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	½ cup fruit salad + ½ cup non-fat Chobani yoghurt	Tropical frozen yoghurt pops (page 26)	1 piece seasonal fruit 	Mango and coconut mousse (page 27)
Exercise	 Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



THURSDAY

FRIDAY

SATURDAY

depending on your exercise levels

2 eggs scrambled (with lite milk), sautéed mushrooms and 2 slices grain toast

1 cup fruit salad + 200g non-fat Chobani yoghurt



Mango and passionfruit bircher muesli (page 73)

175g tub Yoplait Formé yoghurt and 5 strawberries

1 cup carrot and celery sticks with Chobani Meze dip

1 apple with 1 Tbsp Sanitarium Natural Peanut Butter

cheddar, 120g reduced-fat ricotta, 30g nuts or 2 hard-boiled eggs) and a low-GI carb (eg, small grain roll, wholegrain wrap, $\frac{2}{3}$ cup cooked quinoa or $\frac{2}{3}$ cup legumes)

Avocado, tomato and feta bruschetta (page 48), plus 30g nuts

4 Vita-Weats, 40g reduced-fat cheddar and sliced tomato

1 piece seasonal fruit



1 cup homemade popcorn mixed with 30g sliced dried apricots

Lemongrass, thyme and garlic chicken skewers (page 38) *Pictured above*

Fish and slaw burgers (page 37) *Pictured above*

Chilli con carne (page 38) *Pictured above*

have a couple of alcohol-free days a week

Mango, coconut, raspberry and mint slushy (non-alcoholic version) (page 26)

62g tub Nestlé Soleil Chocolate Mousse

Tropical frozen yoghurt pops (page 26)

Always discuss your exercise plans with your doctor first



The sauce on sauce

Sauces, mustards, gravies, dressings and other condiments are a great way to add extra flavour to a basic meal. However, a healthy meal can be sabotaged by choosing the wrong condiment in the wrong portions.

Choose condiments that add nutrients and health benefits to your meal. Steer away from those high in added sugar, salt (sodium) and saturated fats, or that add minimal to no nutritional benefit. In any case, always keep your portion small (maximum 1 tablespoon); condiments are meant to boost taste, but you don't want to override the natural flavours in your meal.

Try to use more herbs and spices in your cooking, and make these simple swaps to improve the nutritional profile of your meal:

- Swap barbecue, tomato or HP sauce for tomato salsa
- Swap creamy/mayonnaise-based salad dressings for olive oil and balsamic vinegar
- Swap dijonaise for wholegrain seeded mustard or hummus
- Swap sweet chilli for chilli or tabasco sauce
- Swap soy sauce for tamari
- Swap gravy for apple sauce. ■

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

cook's tips



Food bites

All the tips, tricks and inside knowledge for healthy cooking, brought to you by our food editor, Alison Roberts

DRINKS AWAY!

It can be easy to overindulge leading up to the festive time of year, so to help stay on track, try replacing a glass of wine with a wine glass filled with soda water, a few slices of lime, sliced strawberries, a few frozen raspberries and a few torn mint leaves. You can even throw in a dash of diet lime or diet lemon, lime and bitters cordial. Another idea is to replace the strawberries with thin slices of peach and the lime with lemon or orange slices. This way you will feel like you are still involved in the festivities and can indulge in a few glasses without the guilt!



SUPERMARKET CRUSH

Get spready

Nuttvia, the new chocolate hazelnut spread, has 97 per cent less sugar than similar spreads and contains no palm oil. It passes the very important kids taste test, but don't forget it does still contain some carbs, so use in moderation. RRP \$5.95 for a 350g jar. Available at Coles and leading independent retailers.



I grow my own vegetables and herbs. I like being able to tell people that the lunch I'm serving started out as a seed in my yard.

- Curtis Stone, chef



KITCHEN TIP

Stacked up

Wiltshire's new range of Smart Stack cookware has hit the shelves. Both sets have compact stacking lids with tempered, partial glass, making for easier storage. They're suitable for all cooktops, are dishwasher-safe and have a five-year warranty. Available in an eight-piece saucepan set (which includes three saucepans with lids and two spoons) and a six-piece PFOA-free, two-layer, ultra non-stick coating frying pan set (includes two frying pans with lids and two turners). RRP for each set is \$99. Available at Big W.

PHOTOGRAPHY BRETT STEVENS, GETTY IMAGES
STYLING MARIE-HELENE CLAUZON
FOOD PREPARATION THERESA KLEIN



SNACK OR DESSERT

Spread 2 tsp Nuttvia hazelnut spread over 1 slice toasted fruit bread. Top with 3 sliced strawberries and 1 tsp shredded coconut. Serves 1 as a snack.

PER SERVE 590kJ, protein 3g, total fat 4.8g (sat. fat 1.9g), carbs 21g, fibre 2g, sodium 68mg
• Carb exchanges 1½
• GI estimate low



QUICK BREKKIE IDEAS

LYCHEE AND BANANA SMOOTHIE

Put 80g (½ cup) drained canned lychees, 1 medium ripe banana, 200ml almond milk, 170g tub Chobani coconut yoghurt, 1 tsp chia seeds, ⅓ cup ice cubes and ½ tsp vanilla essence in a blender. Cover and blend until smooth. Serves 1.



PER SERVE 1610kJ, protein 16g, total fat 10.6g (sat. fat 2.8g), carbs 50g, fibre 8g, sodium 198mg
• Carb exchanges 3½ • GI estimate low • Gluten free

HERBED COTTAGE CHEESE AND SALMON ON RYE

Combine 130g (½ cup) low-fat cottage cheese, zest of ½ a small lemon, 1 Tbsp finely chopped dill and freshly ground black pepper in a small bowl. Spread cottage cheese over 2 slices Bûrgen rye bread (or gluten-free bread). Top with 1 cup watercress and 50g sliced salt-reduced smoked salmon. Serves 1.

PER SERVE 1770kJ, protein 35g, total fat 10.9g (sat. fat 3.6g), carbs 40g, fibre 7g, sodium 793mg • Carb exchanges 2½ • GI estimate low
• Gluten-free option



MANGO AND PASSIONFRUIT BIRCHER MUESLI

Put 90g (1 cup) rolled oats and 250ml (1 cup) low-fat milk in a medium bowl. Cover with plastic wrap and put in fridge overnight. To serve, stir in 40g (¼ cup) low-fat vanilla yoghurt. Chop ½ mango, remove pulp from 3 passionfruit and chop 125g strawberries. Stir half the fruit into the muesli mixture. Divide muesli between serving bowls. Top with remaining fruit, 2 tsp honey and 2 tsp pumpkin seeds. Serves 2.

PER SERVE 1540kJ, protein 14g, total fat 7.6g (sat. fat 2.2g), carbs 54g, fibre 11g, sodium 72mg
• Carb exchanges 3½ • GI estimate low ■

about our food



Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy! **Shannon Lavery, Dietitian** (above left), **Alison Roberts, Food Editor** (right)

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ

Protein 80g

Total fat 70g

Saturated fat 24g

Carbs 270g

Fibre 30g

Sodium Less than 2300mg

To lose weight*

Kilojoules 6000kJ

Protein 65g

Total fat 45g

Saturated fat 15g

Carbs 180g

Fibre 30g

Sodium Less than 2300mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



ASPARAGUS, PRAWN AND MINT PASTA

see recipe, page 66 >>

NUTRITION INFO

PER SERVE 1710kJ, protein 27g, total fat 18.7g (sat. fat 5.2g), carbs 29g, fibre 8g, sodium 520mg • Carb exchanges 2 • GI estimate low • Gluten-free option

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use product names so it's easy for you to find nutritionally suitable brands when shopping.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting your carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY BLAINE MOATS STYLING JENNIFER PETERSON

YOUR ULTIMATE **SLIM-DOWN SPECIAL**

healthy

BEGINS NOW

**It's never too late
to take control
of your health.
So take the first
step by turning
the page to our
slimming special!**

PHOTOGRAPHY GETTY IMAGES

WHY IT'S TIME TO TAME YOUR *tummy*

Do you – or a loved one – need a little bit of motivation to get those love handles under control? The experts explain why trimming that tummy can be a literal lifesaver...

▶ Here's the truth – it can be a lot trickier to manage your diabetes when you are carrying around excess weight. And, when that weight is sitting around your belly, you are also exposed to other complications with health, such as high blood pressure, heart attack and stroke. That's why there has never been a better time than right now to take some action against the belly bulge.

Why is belly fat bad for me and my diabetes?

There are two kinds of belly fat – subcutaneous and visceral. Subcutaneous fat is that jiggle that's right under your skin. While it may be annoying, it is relatively benign. Visceral fat, which is the fat that you cannot see, is a different story. "Visceral fat continuously releases free fatty acids into the bloodstream," explains endocrinologist Professor

Joseph Proietto from the University of Melbourne. "This can cause fatty liver. It also stimulates excess glucose, which goes to the beta cells in the pancreas that control insulin function and damages them." Visceral fat also produces harmful inflammatory chemicals. "These are linked to conditions like diabetes and heart disease, and may contribute to compromised immunity and less healthy organ function," explains Professor Proietto.

What actually causes belly fat?

While some people are more prone to accumulating belly fat than others – particularly men and post-menopausal women – eating too much and exercising too little carries most of the blame for an expanding waistline. Certain medications can also cause your waistline to expand

– turn to page 82 for more information. In addition, having higher concentrations of the stress hormone cortisol in your blood encourages the storage of excess energy as visceral fat, explains Associate Professor Stephen Boutcher from the University of New South Wales. "High cortisol is caused by poor sleep, work stress, depression and smoking," he says, so it is





“

**Regularly
check how
you measure
up to ensure
you do not
hold excess
visceral fat**

TOP TIP

Make sure the tape is snug, without squeezing the skin.

important to consider all of these factors if you want to reduce visceral fat.

You've got my attention – what can I do about my belly fat?

The good news – and yes, there is good news – is you don't have to completely overhaul your lifestyle to get rid of unhealthy belly fat. Making small but powerful changes to your diet

and exercise regime can help you lose weight and give your diabetes management a boost at the same time. While talking to your care team is the first step in getting your belly under control, this special will help arm you with all the vital information you need to kick your weight-loss goals! ➤

Measure up

As the circumference of your waist is a good indicator of your body fat – in particular, of your internal fat deposits – it is important to know how you measure up. Australian government guidelines suggest that women have a high risk of developing weight-related conditions, such as heart attack and type 2 diabetes, if their waists are equal to or more than 88cm. Men are at a high risk of developing these conditions when their waists are equal to or more than 102cm.

To get a gauge of your risk levels, the government recommends measuring your waist circumference by:

STEP 1 Placing the tape measure directly on your skin, or over no more than one layer of light clothing. (The correct place to measure your waist is halfway between your lowest rib and the top of your hipbone. This is roughly in line with your belly button.)

STEP 2 Breathing out normally and measuring.



Ready, set, GO!

**Ready to budge the bulge?
Maximise your motivation
with these top tips!**

1 Start small One way to marry change and motivation at the beginning of your journey is to ask yourself what you are prepared to change. Target the little things first – like cutting back on the spoon of sugar you have in your morning cuppa, or swapping half an hour of television time for half an hour of incidental exercise (think cleaning the house or doing a spot of gardening). Kicking these small goals will fire your resolve to achieve your bigger-picture targets.

2 Be specific Building on from the last point, make a list of small, specific changes that you'd like to make – and stick to them. So, instead of saying "I'd like



to eat more healthily", instead plan to eat one extra serve of vegies each day, or switch to eating bread three days a week, rather than seven. Writing goals down in this way makes them easier to track and achieve!

3 Avoid deadlines Here's the truth – losing weight, remaking your habits and implementing long-term lifestyle changes is not an overnight process. Maintain your motivation by avoiding setting deadlines on when you want to achieve certain goals.

4 Celebrate victories Don't forget to celebrate your wins – not just wins on the scale, but goals like joining the gym, or walking for two kilometres without stopping, or being able to cut back on your medication as a result of your weight loss. It all counts!

Your get-started checklist

TYPE 1

- If you're on set insulin doses, work out how much less you plan to eat. Speak to your GP, endocrinologist or diabetes educator about the amount of insulin you will need to take.
- If you already adjust your insulin to your carb intake, reduce your mealtime doses as you eat less – under the direction of your care team.
- Have frequent hypos (low blood glucose levels (BGLs))? Speak to your care team, as eating lots of jelly beans will not help with weight loss!

TYPE 2

- If you are taking medications that can cause hypos – such as sulphonylureas or insulin – speak with your doctor or diabetes educator about whether your doses will need to be adjusted as you make changes to your lifestyle.



GET FITTER FASTER

Fast-tracking your fitness and weight loss could be easy as adding intervals to your favourite workout

▶▶ Have you heard of interval training? This is where you alternate periods of low-intensity exercise (such as walking) with high-intensity exercise (like jogging). Research has shown that this type of workout burns more kilojoules in a short space of time than doing regular cardio workouts. For example, doing 15 minutes of high-intensity exercise will boost your fitness more than jogging for an hour.

“The idea is to up the intensity for a short period of time (known as an interval) so your heart rate rises, then return to a regular pace (where your heart rate comes down to a moderate level) to allow you to complete an active recovery,” says *DL* exercise physiologist Christine Armarego. “This is repeated throughout the workout.” The upshot of interval training is it gets you fitter, faster, without pushing you so hard you risk injury. Got to love that! ▶

Here's how you can give it a go:



1 WALKING

Start by adding intervals of power walking – as fast as you can walk – or jogging for up to 30 seconds. Do this at least six times during a 30-minute walk. Then, when you get comfortable with interval training, intensify your workout so you're doing 10-12 speedy intervals over 30 minutes, about one interval every 2.5-3 minutes. You can time these fast intervals using the stopwatch on your mobile phone, or the second hand on your watch.

2

SWIMMING

Combine 10-20 laps of swimming with other water exercises:

Kicking only Using a kickboard for balance, add a lap of fast kicking then swim 3-5 laps of regular swimming.

Arms only For 3-5 laps of every 10-20 laps, use your arms to propel you down the pool, while holding a buoy between your legs to keep you afloat.

Sprints Add a half- or a full-lap sprint of a stroke, for 3-5 laps of every 10-20 laps that you swim.

Alternate strokes Add a sprint lap of one stroke, and then perform 3-5 laps of another stroke.



3 CYCLING

TRY THESE:

Flat road Add in 6-8 of your fastest sprints for 30-60 seconds in a 30-minute workout.

Gentle hills Include 3-6 gentle hills that allow for a seated climb during the course of a 30-minute workout.

Big hills Add in 2-4 big hills for a standing climb in your 30-minute workout. When doing a combination of hills and flat roads, use distant landmarks, like houses, to give you something to aim towards during intervals of speed.



4

CIRCUIT TRAINING

Circuit training is basically interval training, but with resistance exercises and cardio in the same session. This means you can complete a set of weights in a chair, then do 1-2 minutes of cycling, jogging or marching on the spot. For added intensity, do a different cardio and resistance exercise at each station. Or you can add in intervals of cardio in between doing sets of resistance – such as periods of marching on the spot in between doing sets of hand weights.



slim-down special

YOUR GET-STARTED WITH EXERCISE *checklist*

TYPE 1

- ✓ Consult your doctor before trying out a new exercise regimen. They can help you pick something suitable and safe.
- ✓ Make sure your BGs are at 6mmol/L before you start, and check them regularly during exercise.
- ✓ Keep hypos at bay by having a bottle of water handy at all times, and make sure your stash of fast-acting carbs is close by.

TYPE 2

- ✓ Having type 2 can make you more susceptible to nerve damage and circulation problems in your feet, so get them checked by a GP or podiatrist before starting a new exercise program.
- ✓ Stop any activity that causes you pain or discomfort, and make note of particular symptoms. Don't be afraid to discuss any symptoms that trouble you with your doctor.
- ✓ Keep a bottle of water nearby so you don't get dehydrated while exercising. ➤



WHY medications MATTER

Think your meds may be behind your expanding waistline? You could be right – take a look at some of the common culprits behind weight gain, and find expert solutions for managing your medications and your middle

DIABETES MEDICATIONS

Thanks – or rather, no thanks! – to the impact they have on your hormones, both insulin and sulphonylureas used to treat type 2 can lead to weight gain, says nurse practitioner Giuliana Murfet. In addition, people with insulin-managed diabetes can experience weight gain if they frequently overcorrect hypoglycaemia.

THE FIX

The best way to combat this type of weight gain is to go back to basics by adjusting your diet and moving more. “Minimise your intake of salt, sugar and saturated fat, as well as takeaway and processed foods,” advises dietitian Aloysa Hourigan. Keep yourself feeling fuller for longer with low-GI foods – think lean proteins, wholegrains, fresh vegies and fruit, and low-fat dairy. Look for opportunities to move beyond structured exercise. Gardening, doing housework, getting off the bus one stop earlier – every bit counts! And aim to stick to 15g of fast-acting carbohydrates when treating lows.

BETA-BLOCKERS

Beta-blockers, which are taken to manage high blood pressure, can reduce your body’s ability to burn kilojoules. In addition, they can slow your heart rate, which depletes energy levels.

THE FIX

Reducing your salt intake is a great way to reduce your need for beta-blockers. Why? Because “high-salt diets increase blood pressure, forcing your heart to work harder”, explains GP Dr Brian Morton. Also, try slowing your breathing to 10 breaths per minute. According to research, doing this for 15 minutes every day can lower your blood pressure, which may in turn reduce your need for medication.

CORTICOSTEROIDS

“Oral steroids – which are used to treat conditions such as asthma and rheumatoid arthritis – can cause weight gain by increasing appetite,” explains pharmacist Dr John Bell. In addition to an expanding waistline, telltale signs of steroid-related weight gain

include fat deposits around your face and the back of your neck.

THE FIX

● **For asthma** To ward off asthma-inducing dust mites, regularly wash your sheets, sweep your floors, and vacuum carpets. Tackle any mould infestations you find around the house, as mould spores can intensify asthma symptoms, warns Dr Morton. Additionally, certain chemicals – such as sulphites and tartrazine – that are found in some foods can trigger asthma attacks. Try eliminating them for several months before reintroducing them one at a time to see if they are behind the asthma attacks.

● **For arthritis:** Studies suggest that eating ginger and curcumin (the active ingredient in turmeric) can help to ease the pain and inflammation of arthritis, so try adding these delish winners to your next meal.

ANTIDEPRESSANTS

Many people who take Selective Serotonin Reuptake Inhibitor (SSRI) antidepressants report weight gain. According to US research, this weight increase, along with an adverse

effect on glucose metabolism, explains why people taking SSRIs have a higher risk of developing type 2 diabetes.

THE FIX

“Ensuring that your BGLs don’t drop can help to stabilise your mood, and promote feelings of calm,” explains Dr Morton. Exercise also has mood-boosting properties, so aim to move for at least 30 minutes a day – to find inspiration on achieving this, turn to page 80.

HEADACHE TABLETS

Certain medications used to treat headaches – including ibuprofen, which is a common ingredient in over-the-counter headache tablets – can cause weight gain in some people. This is because these medications can stimulate the hunger hormones that increase your appetite.

THE FIX

Identifying what it is that triggers your headache – such as eating certain foods – can help you get ahead of the need to take tablets, says Dr Morton. Drinking chamomile tea can also relieve the muscle spasms that characterise migraines. ➤

LOSE WEIGHT WHILE YOU

sleep

Did you know that better zzzs can help you lose weight? Here are five ways to help shape up your sleep and slim down!

▶ There's a lot to love about getting a good night's sleep. In addition to boosting your mood, "studies show a strong link between sleep deficit and the development or worsening of diabetes", says Professor Michael Hensley from John Hunter Hospital in NSW. "And too little sleep increases your risk of weight gain due to changes in hormones that can increase both fat storage and appetite."

To help you nod off faster and enjoy a better night's rest, try these sleep-friendly solutions before bedtime.

1 Get moving!

Studies show that getting regular exercise leads to sound sleep and a slimmer waistline. One of the best ways to get results is to give

interval training a try. "Alternating periods of high-intensity exercise with low helps the body produce catecholamines – chemicals that turn on the body's fat-burning process," says Assoc Prof Boutcher. For tips on adding intervals to your workout, turn to page 80.

2 Turn off technology

According to Siobhan Banks, associate professor at the University of South Australia's Centre for Sleep Research, the bright lights in your computer can interfere with your body's ability to produce melatonin – a hormone that helps to facilitate sleep. Her tip? Avoid

computer use for several hours before bedtime. And avoid other distractions by switching off your mobile phone and tablet, too.

3 Have an early dinner

Eating about four hours before bedtime is another way of safeguarding your zzzs, as having late meals can raise your body temperature, which in turn affects your ability to fall asleep. In addition, cutting back on late dinners can help you avoid





the indigestion that comes with laying down on a full stomach, explains dietitian Melanie McGrice.

4 Keep your cool

Ensuring that your bedroom is cool and dark will help to enhance the quality of your sleep. Switch off any electric blankets you may use, remove any extra layers of clothing before you hit the hay, and further make sure that there's no light coming in from the street. It's also good to have a relaxing soak in a warm – not hot – bath close to your bedtime. “The warmth

actually causes a temperature drop, which can help sleep onset,” explains Banks.

5 Enjoy an al fresco brekkie

“A morning dose of sunlight helps synchronise your hormones with light and dark, so that you get tired in the evening and have more alertness in the morning,” explains Banks. Win-win! ➤



Cut stress, slim down



Fact: when you experience stress, your body releases adrenaline and cortisol – two hormones that cause you to feel hungry and to start stockpiling fat. “This may be stored in the most active fat cells around the abdomen, which are highly sensitive to stress hormone receptors,” says endocrinologist Dr John Wentworth. Luckily, you can drastically reduce stress levels with just a few small lifestyle tweaks like...

★ GETTING BACK TO NATURE

Research from the University of Rochester says that taking a 20-minute “nature break” helps you feel more energised and alive and improves your sense of wellbeing. Give it a go!

★ **HUGGING IT OUT** Scientists from the University of Vienna found hugging helps to reduce blood pressure, makes you feel cared for, and also connects you to the ones you love.

★ **GIVING NEGATIVITY THE FLICK** Research suggests we are genetically hardwired to focus

on negativity. Beat your biology by focusing on good things in life – try talking about or writing down three positive experiences that you've had at the end of each day.

A woman with curly hair, wearing a purple tank top and black leggings, is standing in a room with a brick wall and wooden floors. She is holding a yellow resistance band with both hands, and the band is looped around her feet. She is smiling and looking to the side. The background is a brick wall with a window. The floor is made of wooden planks.

stretch YOURSELF

SLIM

Bow-tie bands

These colour-coded rubber latex tubes allow you to control the exercise intensity. Red is typically the most difficult, with medium to heavy resistance. Green offers medium resistance. Yellow bands are usually the easiest and the best choice for beginners. Several companies sell all three bands together.

Get fit and cut fat in the comfort of your lounge room using this super cheap – and super effective – workout

▶▶ Resistance training is your secret weight-loss weapon, says exercise physiologist John Felton. Why? Whether you lift weights, use resistance bands or work with your own body weight – think sit-ups and push-ups – you are building lean muscle tissue, which helps you burn kilojoules, even when you're not exercising. Resistance exercise also helps to improve your body's responsiveness to insulin, which, in turn, enables better blood glucose regulation.



RHOMBOID SQUEEZE

Stand or sit for this back-strengthening exercise

STEP 1 Hold tubing with the arms extended at chest height, one handle in each hand. Keep elbows soft.

STEP 2 Grasp handles with palms facing in and pull the handles apart, focusing on the muscles between your shoulder blades. Return to starting position. Perform 12-15 repetitions.



SHOULDER RAISE

This exercise improves shoulder strength

STEP 1 Stand with feet shoulder-width apart, grasping a handle in one hand with your palm facing down. Place the other handle under the arch of the opposite foot, holding the handle at waist height. **STEP 2** Pull the handle up towards your shoulder, allowing the elbow to rise up and out to the side. Lift to shoulder height and then release down to starting position. Repeat 8-10 times and then switch arms. ▶



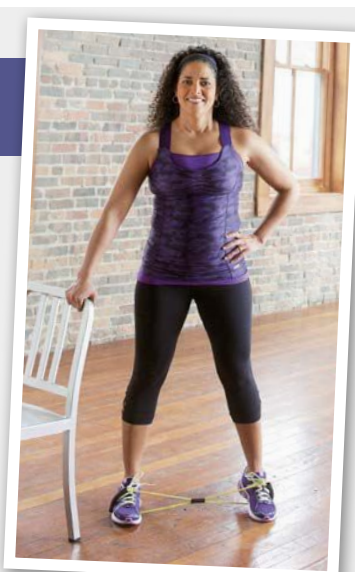


STANDING SIDE LEG LIFT

This move tones your core and increases hip strength

STEP 1 Place the tubing under the arch and over the shoelaces of each foot. Standing with your feet hip-width apart, keep the tubing under tension – don't let it go slack.

STEP 2 Flex your knees and hips slightly, stabilising your torso with your abdominal muscles as you lift your leg to the side, about 15-30cm from the floor. Use your hip to lift the leg with control. Do 8-10 repetitions and then switch legs.



BEFORE YOU START

- Check for possible nicks or wear in the tubing
- Be sure the tubing is secure in your hand or around your feet during exercises
- Maintain tension in the tubing by not allowing it to snap back or become slack during exercises

BICEPS CURL

Strengthen the muscles on the front of your upper arms with this move. It also improves grip strength

STEP 1 Stand in a staggered stance and place one handle under the arch of the front foot. Grasp the other handle with the opposite hand and straighten that arm alongside your body.

STEP 2 Bend the elbow and bring it towards your chest while keeping your working arm close to the side of the body. Perform 12-15 repetitions and then switch feet and arms.





STANDING LATERAL

This exercise works muscles that support your spine

STEP 1 Stand with feet hip-width apart and place one handle under the arch of one foot. On the same side, grab the other handle with your palm facing your body.

STEP 2 Lean slightly from the waist to the opposite side until you feel muscle tension, and then return to the upright standing position. Perform 10-12 repetitions and then switch sides. ■

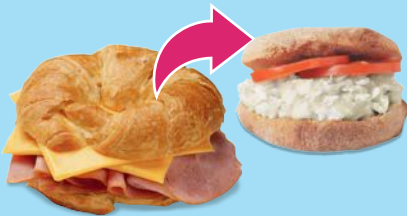
Smarter switches

Speed up weight loss by making these healthy and tasty swaps

BREAKFAST



SWAP 200g low-fat fruit yoghurt
FOR 200g low-fat plain yoghurt with 50g frozen berries
SAVE 160kJ, while cutting added sugars and boosting your fruit intake



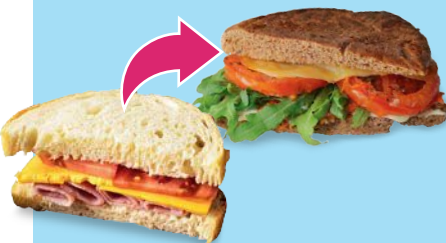
SWAP A ham and cheese croissant
FOR A wholegrain English muffin topped with low-fat ricotta and tomato
SAVE About 400kJ and 12g of fat

LUNCH

SWAP Campbell's Chunky Ham & Pea Soup
FOR Campbell's Country Ladle Minestrone
SAVE 200kJ while cutting your processed meat intake



SWAP A ham, cheese and tomato sandwich on white
FOR A cheese and salad sandwich on wholegrain
SAVE 135kJ and 280mg of sodium, and add more than double the fibre



DINNER



SWAP A serve (150g) of hot chips
FOR A jacket potato with a dollop of low-fat Greek-style plain yoghurt
SAVE Almost 500kJ, 8g of fat and 450mg of sodium



SWAP 50g nachos
FOR 2 tacos
SAVE 660kJ and 10g fat



TOP TIP
While low-carb beer might sound like a slimmer option, it has a similar alcohol content to regular beer. Since alcohol has more kilojoules per gram than carbs, light or low-alcohol beer is a better option if you are watching your weight.

Drink wisely

Just how many kilojoules are in that cheeky mid-week glass of bubbles? Get in the know to make smarter, slimmer choices

**1 STUBBIE (375ML)
FULL-STRENGTH BEER**
570kJ

**1 STUBBIE (375ML)
LOW-CARB BEER**
450kJ

**1 STUBBIE (375ML)
LIGHT OR LOW-
ALCOHOL BEER**
390kJ

**1 MEDIUM GLASS
(160ML) SPARKLING
WINE**
500kJ

**1 MEDIUM GLASS
(160ML) RED OR
WHITE WINE**
450kJ

**1 GLASS (200ML)
DRY CIDER**
320kJ

**1 GLASS (200ML)
SWEET CIDER**
440kJ

(Average values only; will vary depending on brand) ■

COFFEE BREAK



SWAP 1 Arnott's chocolate Tim Tam
FOR 2 squares of dark chocolate
SAVE 250kJ, cut saturated fat and sugar, and increase your antioxidant intake



SWAP A Gloria Jean's small caffe mocha
FOR A Gloria Jean's small cappuccino
SAVE More than 250kJ and 10g of carbs

BREAKFAST

There's nothing more stimulating than a healthy morning meal with benefits

MELON BOWL FRUIT SALAD

SERVES 1

Carefully scoop the flesh out of half a **rockmelon**. Chop the flesh and place in a medium bowl. Add 125g small **strawberries**, hulled and halved, 1 small **apple**, quartered, seeded and chopped, and the pulp of 2 **passionfruit** to the rockmelon. Toss to combine. Spoon the fruit mixture back into the rockmelon half. Top with 2 tsp **pepitas**. Serve with 2 Tbsp **low-fat Greek-style plain yoghurt**.

FRENCH TOAST WITH BANANA, WALNUTS AND HONEY

SERVES 2

Cut 2 (30g) pieces of low-GI **white bread** in half diagonally. Dip in a mixture of 1 x 60g **egg**, whisked, 1 tsp **cinnamon sugar** and 2 Tbsp **skim milk**. Heat 2 tsp **light margarine** in a large non-stick frying pan over medium heat. Add the bread and cook for 2 minutes each side or until golden brown. Place 2 pieces of bread on each serving plate. Divide 3 Tbsp **Pantalica Smooth Light Ricotta**, 1 small sliced **banana** and 20g roughly chopped **walnuts**. Drizzle a little **honey** over each.

NUTRITION INFO PER SERVE 1180kJ, protein 11g, total fat 12.5g (sat. fat 2.1g), carbs 31g, fibre 3g, sodium 238mg
• Carb exchanges 2
• GI estimate low

NUTRITION INFO
PER SERVE 1025kJ, protein 8g, total fat 4.5g (sat. fat 1.1g), carbs 35g, fibre 14g, sodium 71mg
Carb exchanges 2½
• GI estimate low
• Gluten free





PEACH, LYCHEE AND COCONUT BIRCHER MUESLI

SERVES 2

Combine 50g (½ cup) **rolled oats**, 2 Tbsp **shredded coconut**, 1 small **apple**, coarsely grated, 170g tub **Chobani 0.5% Plain Yogurt**, 80ml (⅓ cup) **skim milk** and 1 tsp **honey** in a medium bowl. Cover and put in the fridge for 4 hours, or overnight to soak. Divide muesli between serving bowls. Top with 1 sliced ripe **peach** and 3 **lychees**, peeled and halved. Drizzle with another tsp **honey**. ➤

MEXICAN-STYLE SCRAMBLED EGGS

SERVES 1

Heat ½ tsp **light margarine** in a small non-stick frying pan over medium heat. Add 1 small clove **garlic**, crushed, ½ tsp finely chopped fresh **chilli** and 1 Tbsp finely chopped **coriander roots**. Cook, stirring, for 1 minute. Add 2 x 60g **eggs** whisked with 2 Tbsp **skim milk**. Cook, stirring often, for 2-3 minutes or until egg is just set. Place 2 x 30g pieces toasted **sourdough bread** on a serving plate. Spoon the egg mixture over the bread. Combine 1 small chopped **tomato**, 1 Tbsp chopped **coriander leaves** and a squeeze of **lime**. Spoon over egg mixture and serve.

NUTRITION INFO PER SERVE 1405kJ, protein 22g, total fat 10.9g (sat. fat 2.7g), carbs 34g, fibre 5g, sodium 482mg
• Carb exchanges 2½
• GI estimate low

NUTRITION INFO

PER SERVE 1280kJ, protein 12g, total fat 7.5g (sat. fat 4.7g), carbs 44g, fibre 7g, sodium 64mg
• Carb exchanges 3
• GI estimate low



BREAKFAST cont...



FRUIT AND WALNUT OATS

SERVES 1

Cook 30g ($\frac{1}{3}$ cup) **rolled oats**, 200ml **low-fat milk** and 60ml ($\frac{1}{4}$ cup) **water** in a small saucepan over a medium heat for 4-5 minutes. Serve with 10g chopped **pitted prunes**, 10g **walnuts** and 1 small **orange**, peeled and cut into segments.

NUTRITION INFO

PER SERVE 1470kJ, protein 14g, total fat 12.4g (sat. fat 2.6g), carbs 42g, fibre 9g, sodium 88mg
• Carb exchanges 3
• GI estimate low



HAM, SPINACH AND MUSHROOM TOASTIE

SERVES 1

Layer 30g **salt-reduced ham**, $\frac{1}{3}$ cup **roasted red**

capsicum strips, 15g ($\frac{1}{2}$ cup) **baby spinach**, 2 **button mushrooms**, sliced, and 1 slice **reduced-fat Swiss cheese** between 2 slices **wholemeal grain bread**. Toast in a sandwich press. Serve.

NUTRITION INFO PER SERVE

1380kJ, protein 19g, total fat 13.8g (sat. fat 5.1g), carbs 28g, fibre 7g, sodium 608mg
• Carb exchanges 2
• GI estimate low



YOGHURT CINNAMON BERRIES

SERVES 1

Cook 130g (1 cup) **frozen mixed berries**, 2 Tbsp freshly squeezed **orange juice** and a pinch of **ground cinnamon** in a microwave dish on medium-high/70% for 2 minutes. Top with 90g ($\frac{1}{3}$ cup) **low-fat Greek-style plain yoghurt** and 35g ($\frac{1}{3}$ cup) **Crunchola**. Serve.

NUTRITION INFO

PER SERVE 1170kJ, protein 11g, total fat 5g (sat. fat 1.7g), carbs 42g, fibre 10g, sodium 93mg
• Carb exchanges 3
• GI estimate low

TOP TIP

Rollled oats can help manage high blood glucose levels.



LUNCH

Your midday meal doesn't need to be fancy to tick off all those healthy requirements

CORN, BUCKWHEAT AND TOMATO SALAD WITH CHICKEN MEATBALLS

PREPARATION TIME: 20 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A LIGHT MEAL)

50g (¼ cup) buckwheat
185ml (¾ cup) boiling water
1 corn cob, husk and silk removed
60ml (¼ cup) water
250g grape tomatoes, halved
1 cup basil leaves
30g low-fat feta, crumbled

Chicken meatballs

125g chicken breast mince
1 clove garlic, crushed
1 egg yolk (from 60g egg)
20g (¼ cup) fresh breadcrumbs, made from day-old grain bread
¼ tsp olive oil

Dressing

½ cup basil leaves, finely chopped
1 clove garlic, crushed
1 tsp extra virgin olive oil
Freshly squeezed juice of ½ lemon

NUTRITION INFO

PER SERVE 1576kJ,
protein 30g, total
fat 11.8g (sat. fat
3.3g), carbs 30g,
fibre 13g, sodium
271mg.

• Carb exchanges 2
• GI estimate low

1 Rinse buckwheat in a sieve under cold running water until water runs clear. Transfer to small saucepan with the boiling water. Bring to boil over high heat. ➤

slim-down special

NUTRITION INFO

PER SERVE 1154kJ, protein 21g, total fat 12.2g (sat. fat 3.2g), carbs 18g, fibre 5g, sodium 478mg

- Carb exchanges 1
- GI estimate low
- Gluten-free option



ASIAN PRAWN SALAD WITH LIME AND CHILLI DRESSING

Heat and crunch combine in a tasty
Asian fusion, see recipe, opposite >>

Reduce heat to medium and cook, partially covered, for 25 minutes or until tender. Drain and rinse well.

2 Meanwhile, put corn and water in a shallow microwave bowl. Cover and cook on high/100% for 4 minutes or until tender. Drain well and set aside to cool slightly. Using a sharp knife, cut corn from cob and set aside.

3 To make chicken meatballs, combine mince, garlic, egg yolk and breadcrumbs in a small bowl. Using wet hands, shape into 14 small balls. Heat oil in a large non-stick frying pan on medium-high heat. Add meatballs and reduce heat to medium. Cook, turning often, for 6-7 minutes or until cooked through.

4 To make dressing, put basil and garlic in a small bowl. Stir in oil and lemon juice.

5 Put buckwheat, corn, tomatoes, basil and feta in a large bowl. Add meatballs and dressing. Toss to combine and then serve.

ASIAN PRAWN SALAD WITH LIME AND CHILLI DRESSING (opposite)

PREPARATION TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

160g (3 cups) finely shredded Chinese cabbage (wombok)
1 large carrot, coarsely grated
100g snow peas, finely shredded
1 bunch coriander, leaves picked
40g unsalted dry-roasted cashews, roughly chopped
600g cooked king prawns, peeled and deveined, tails left intact
70g Chang's Original Fried Noodles or gluten-free noodles

Lime and chilli dressing

Zest of ½ large lime
Juice of 1 large lime
2 tsp olive oil
1 tsp finely chopped fresh chilli

1 tsp caster sugar

½ tsp fish sauce

1 To make dressing, put lime zest, juice, oil, chilli, caster sugar and fish sauce in a small bowl. Whisk to combine.

2 To make salad, put cabbage, carrot, snow peas, coriander, cashews and prawns in a large bowl. Toss to combine.

3 Add dressing to salad and toss to combine. Divide salad between shallow serving bowls. Sprinkle over fried noodles and serve.



SMOKY PAPRIKA AND SWEET POTATO SOUP WITH CHICKPEAS AND PROSCIUTTO

PREPARATION TIME: 20 MINS

COOKING TIME: 40 MINS

SERVES 4 (AS A LIGHT MEAL)

1 Tbsp extra virgin olive oil
1 brown onion, chopped
2 cloves garlic, crushed
1 Tbsp smoked paprika
1 tsp ground harissa
1kg orange sweet potato, peeled, chopped
1 Massel Ultracube Salt Reduced Vegetable Stock Cube
1.5L (6 cups) boiling water
Olive oil cooking spray
20g thinly sliced prosciutto
40g (⅓ cup) The Happy Snack Company Crunchy Roasted

Chic Peas

Freshly ground black pepper, to serve

1 Heat oil in a large saucepan over a medium heat. Add onion and garlic. Reduce heat to medium-low and cook, stirring occasionally, for 8-10 minutes or until the onion softens.

2 Add paprika and harissa and cook, stirring, for 30 seconds. Add sweet potato and stir to combine. Add combined stock cube and water. Cover and bring to a simmer over a high heat. Reduce heat to low and cook, stirring occasionally, for 25 minutes or until sweet potato is very tender.

3 Set aside for 10 minutes to cool slightly. Transfer to a food processor or blender. Cover and process (in batches, if necessary) until smooth. Return to pan. Cook, stirring, over a low heat until heated through.

4 Meanwhile, preheat a grill on medium. Line an oven tray with foil. Spray prosciutto with cooking spray and arrange on prepared tray. Transfer to grill and cook for 4-5 minutes or until prosciutto starts to darken and crisp. Set aside to cool. Break into pieces.

5 Divide soup between bowls. Top with the prosciutto and chickpeas, sprinkle with pepper and serve.

COOK'S TIP

You can freeze individual portions, without the prosciutto and chickpeas, in small airtight containers for up to 3 months.

NUTRITION INFO PER SERVE 1230kJ,

protein 9g, total fat 8.9g (sat. fat 1.6g), carbs 40g, fibre 10g, sodium 634mg
• Carb exchanges 2½
• GI estimate low
• Gluten free ➤

LUNCH cont...



ROASTED VEGETABLE PESTO PASTA

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A LIGHT MEAL)

300g orange sweet potato, peeled, chopped
1 red capsicum, chopped
1 red onion, cut into thin wedges
2 tsp extra virgin olive oil
40g dried pasta (such as casarecce) or gluten-free pasta
50g (2 cups) baby spinach leaves
1 Tbsp Jamie Oliver Italian Herb Pesto or gluten-free pesto
10g parmesan shavings, to serve

1 Preheat oven to 200°C (fan-forced). Line a shallow roasting pan with baking paper. Add sweet potato, capsicum and onion to prepared pan. Drizzle over oil and toss to combine. Roast for 25 minutes, turning once, or until vegetables are tender.

2 Meanwhile, cook pasta in a medium saucepan of boiling water following pack instructions, or until al dente. Drain. Return to pan.

3 Add roasted vegetables, spinach and pesto to pasta. Toss until well combined and spinach has wilted slightly. Divide between shallow serving bowls. Sprinkle over the parmesan and then serve.

NUTRITION INFO PER SERVE

1460kJ, protein 12g, total fat 11.5g (sat. fat 2.3g), carbs 44g, fibre 10g, sodium 136mg

- Carb exchanges 3
- GI estimate low
- Gluten-free option



ASIAN PORK AND NOODLE SALAD

PREPARATION TIME: 15 MINS
PLUS 15 MINS STANDING
COOKING TIME: 5 MINS
SERVES 2 (AS A LIGHT MEAL)

40g bean thread vermicelli
1 tsp olive oil
150g Heart Smart pork mince
3cm piece ginger, peeled, finely chopped
2 cloves garlic, finely chopped
1 cup bean shoots
1 cup coriander leaves
1 carrot, cut into short, thin strips
½ capsicum, cut into short, thin strips

Dressing

2 tsp sweet chilli sauce
1 tsp olive oil
1 tsp fish sauce
Zest of ½ lime
Freshly squeezed juice of 1 lime

1 Put vermicelli in a medium bowl and cover with plenty of cold water. Set aside for 15 minutes to allow noodles to soften. Drain well and cut into shorter lengths. Return to bowl.

2 Meanwhile, heat oil in a large non-stick wok over a medium-high heat. Add mince, ginger and garlic. Stir-fry for 2-3 minutes or until mince is cooked through. Transfer to a bowl and set aside to cool for 5 minutes.

3 Add bean shoots, coriander, carrot and capsicum to noodles, along with the mince mixture. Toss to combine.

4 To make dressing, whisk all of the ingredients together in a bowl.

5 Add dressing to salad and toss gently to combine. Divide between shallow serving bowls and serve.

NUTRITION INFO PER SERVE

1340kJ, protein 20g, total fat 13.3g (sat. fat 3.7g), carbs 26g, fibre 8g, sodium 440mg

- Carb exchanges 1½
- GI estimate medium

“Eating low GI meals can assist with weight management by helping you feel fuller for longer and reducing the urge for unnecessary snacks”

SHANNON LAVERY,
DIETITIAN



You don't need to
be a chef to whip
up one of these
indulgent delights

DINNER

**NUTRITION INFO PER
SERVE** 1981kJ, protein
39g, total fat 17.2g (sat.
fat 3.2g), carbs 36g, fibre
7g, sodium 696mg
• Carb exchanges 2½
• GI estimate medium
• Gluten-free option

CHICKEN SATAY WITH NOODLE SALAD

Go global with this simple,
but sensational dish,
see recipe, page 100 >>



CHICKEN SATAY WITH NOODLE SALAD

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 1 (AS A MAIN)

- 1 Tbsp no-added-salt peanut butter
- 2 tsp salt-reduced soy sauce or gluten-free soy sauce
- 2 tsp sweet chilli sauce or gluten-free sweet chilli sauce
- 1 Tbsp freshly squeezed lime juice
- ½ square (30g) dried, long-life, 99%-fat-free instant noodles or gluten-free noodles
- ½ stick celery, finely chopped
- ½ carrot, finely chopped
- ⅓ cup coriander leaves
- 3 chicken tenderloins, trimmed of fat, sinew removed
- Cooking spray

1 Put peanut butter, soy sauce, sweet chilli sauce and lime juice in a small bowl. Whisk to combine and set aside.

2 Cook noodles in a small saucepan of boiling water for 2 minutes or until tender. Drain well. Transfer to a medium bowl.

3 Add the celery, carrot and coriander to noodles. Add 1 Tbsp of peanut mixture. Toss to combine. Set aside.

4 Preheat a chargrill plate on medium-high. Thread 1 tenderloin onto 1 small bamboo skewer (see Cook's tips). Repeat with remaining chicken to make

3 skewers. Spray with cooking spray. Add to chargrill and cook for 2 minutes on each side or until cooked through.

5 Transfer noodle salad to a serving plate. Top with chicken skewers and drizzle over remaining peanut mixture.

COOK'S TIPS

- Soak the bamboo skewers in cold water for 30 minutes before using to prevent burning.
- You can replace the chicken with 125g lean rump steak strips, and use parsley instead of coriander.



FISH OR CHICKEN AND AVOCADO TACOS

PREPARATION TIME: 15 MINS

COOKING TIME: 30 MINS

SERVES 2 (AS A MAIN)

- Olive oil cooking spray
- ½ corncob, husk and silk removed
- ½ small red capsicum, quartered and deseeded
- 200g firm white fish fillets or chicken breast fillet

- 1 Tbsp Table of Plenty Dukkah, Lemon & Herb, Nut & Spice Blend
- ½ small avocado, finely chopped
- Freshly squeezed juice of ½ lime
- 1 tsp fish sauce
- 2 Tbsp roughly chopped coriander

- 1 tsp finely chopped chilli (optional)
- Freshly ground black pepper, to season
- 4 Mission White Corn Tortillas, heated to pack instructions
- ½ cup finely shredded iceberg lettuce
- 2 lime wedges, to serve

1 Preheat a barbecue plate on high. Spray corn and capsicum with cooking spray. Wrap the corn in foil. Add corn to barbecue and cook, turning occasionally, for 20 minutes or until tender. Set aside. Meanwhile, cook capsicum, turning often, for 8-10 minutes or until skin is charred. Wrap in foil and set aside.

2 Spray fish or chicken with cooking spray. Coat in the dukkah. Add to barbecue and reduce heat to medium. Cook for 3 minutes on each side, or until cooked through. Transfer to a board. Cut into strips.

3 Peel capsicum. Finely chop flesh and put in a bowl. Using a small sharp knife, cut corn from cob and add to bowl. Add avocado, lime juice, fish sauce, coriander and chilli, if using. Season with pepper. Toss.

4 Lay tortillas on a clean surface.

Divide lettuce between tortillas. Top with corn mixture and fish or chicken. Squeeze over lime wedges. Bring in edges and serve.

TOP TIP

White meats, like chicken, are a healthy alternative to red meats for people with diabetes due to benefits on both heart and kidneys.

NUTRITION INFO PER SERVE

1798kJ, protein 28g, total fat 16.5g (sat. fat 3.5g), carbs 38g, fibre 7g, sodium 395mg.

- Carb exchanges 2½.
- GI estimate medium.
- Gluten free



TERIYAKI AND GINGER SALMON

PREPARATION TIME: 15 MINS

PLUS 15 MINS MARINATING

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

1 Tbsp teriyaki sauce or
gluten-free teriyaki sauce
2cm piece ginger, peeled, finely
grated
2 cloves garlic, crushed
Freshly squeezed juice of ½ lime
120g piece skinless and boneless
salmon
2 Tbsp SunRice Doongara
Clever Low GI White Rice
Cooking spray
½ lebanese cucumber, halved
lengthways, thinly sliced
50g snow peas, trimmed,
shredded
½ red capsicum, cut into
short, thin strips
Lime wedges, to serve
(optional)

1 Put teriyaki sauce, ginger, garlic and lime juice in a shallow dish and stir to combine. Add salmon and turn to coat. Set aside for 15 minutes or more to marinate.

2 Meanwhile, cook rice in a small saucepan of boiling water following pack instructions or until tender. Drain well. Set aside.

3 While rice is cooking, spray a small non-stick frying pan with cooking spray and heat over a medium-high heat. Drain salmon and add to pan. Cook for 3 minutes on each side or until just cooked through. Set aside.

4 Put cucumber, snow peas and capsicum in a small bowl and toss to combine. Transfer to a serving plate and add rice and salmon. Serve with lime wedges, if using. ➤

NUTRITION INFO PER SERVE 1976kJ, protein 33g,
total fat 17g (sat. fat 3.4g), carbs 41g, fibre 8g, sodium
461mg • Carb exchanges 2½ • GI estimate low
• Gluten-free option

DINNER cont...



MIDDLE EASTERN LAMB KEBABS WITH TOMATO SALAD

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

Olive oil cooking spray
2 x 125g lamb leg steaks, trimmed of fat, cut into 2cm cubes
3 tsp Izhiman Za'atar Authentic Middle Eastern Spice Blend
2 small wholemeal pita bread rounds or gluten-free pita breads
100g Chobani Mezé Dip Herbed Tzatziki
Lemon wedges, to serve

Tomato salad

3 small tomatoes, cut into wedges
¼ red onion, cut into thin slices
½ red capsicum, roughly chopped
1 tsp extra virgin olive oil
Freshly squeezed juice of ½ lemon
1 tsp Izhiman Za'atar Authentic Middle Eastern Spice Blend

1 To make tomato salad, put all ingredients in a medium bowl and toss to combine. Set aside.

2 Spray lamb with cooking spray and toss in spice mix. Set aside for 10 minutes to marinate. Divide lamb between 6 small metal or wooden skewers (see Cook's tip).

3 Preheat a flat chargrill plate on medium-high. Lightly spray both

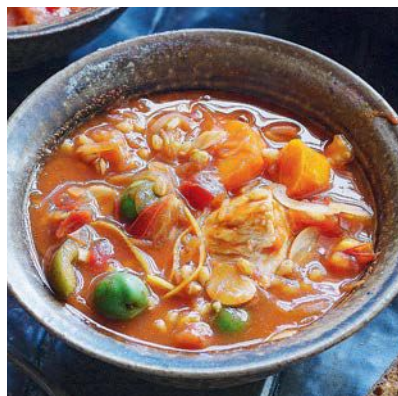
sides of bread with cooking spray. Add to chargrill and cook for 1-2 minutes each side or until toasted. Break into pieces and set aside. Spray skewers with spray and add to chargrill. Cook, turning occasionally, for 3-4 minutes or until lamb is just cooked.

4 Divide kebabs between serving plates. Serve with bread, dip, lemon wedges and tomato salad.

COOK'S TIP

With wooden skewers, soak in cold water for 30 minutes before using.

NUTRITION INFO PER SERVE 2012kJ, protein 41g, total fat 13.5g (sat. fat 4.1g), carbs 42g, fibre 9g, sodium 628mg • Carb exchanges 3
• GI estimate medium
• Gluten-free option



CHICKEN STEW WITH PEARL BARLEY AND OLIVES

PREPARATION TIME: 20 MINS
COOKING TIME: 1 HOUR
SERVES 4 (AS A MAIN)

100g (½ cup) pearl barley
3 tsp extra virgin olive oil
4 x 125g skinless chicken breast fillets, trimmed of fat, halved
2 brown onions, cut into very thin slivers
3 cloves garlic, thinly sliced
185ml (¾ cup) white wine
2 carrots, chopped
1 green capsicum, sliced

2 bay leaves
Few sprigs thyme
410g can no-added-salt tomato puree
500g tomatoes, chopped
185ml (¾ cup) salt-reduced vegetable stock
Rind of 1 lemon, peeled into strips, white pith removed, thinly sliced
90g (½ cup) Sicilian green olives
4 x 30g slices wholemeal sourdough bread, to serve

1 Put barley in a small bowl and cover with hot water. Set aside.

2 Heat 1 tsp oil in large saucepan or heatproof casserole dish on medium-high heat. Add chicken and cook 1-2 minutes on each side or until browned. Transfer to plate.

3 Add remaining oil to pan and heat over medium heat. Add onion and garlic. Reduce heat to medium-low and cook, stirring occasionally, for 7-8 minutes or until onion softens. Increase heat to high, add wine. Cook, stirring, for 1 minute. Drain barley. Add to pan with carrot, capsicum, bay leaves, thyme, puree, tomatoes, stock and rind. Stir well, making sure barley is covered by liquid. Cover, bring to simmer on a high heat. Reduce heat to medium-low and cook, covered, for 30 minutes.

4 Add chicken and olives. Continue to cook, covered, for 10-15 minutes or until chicken is just cooked and barley is tender. Remove bay leaves and thyme stalks and serve with bread.

COOK'S TIP

You can use red capsicum in place of green and black olives instead of green olives.

NUTRITION INFO PER SERVE 2015kJ, protein 38g, total fat 11.9g (sat. fat 2g), carbs 44g, fibre 14g, sodium 729mg. • Carb exchanges 3.
• GI estimate low. ■

CHRISTMAS

gifts from just \$24

SAVE
UP TO
55%

Treat someone special to a magazine subscription & get a **FREE \$30** gift voucher from *The Chocolate Box*



FROM \$33
FOR 6 ISSUES
SAVE UP TO 30%



FROM \$37
FOR 6 ISSUES
SAVE UP TO 33%



FROM \$34
FOR 6 ISSUES
SAVE UP TO 42%



FROM \$35
FOR 12 ISSUES
SAVE UP TO 44%



FROM \$36
FOR 6 ISSUES
SAVE UP TO 40%



FROM \$33
FOR 12 ISSUES
SAVE UP TO 55%



FROM \$34
FOR 6 ISSUES
SAVE UP TO 42%



FROM \$34
FOR 6 ISSUES
SAVE UP TO 34%



FROM \$35
FOR 12 ISSUES
SAVE UP TO 24%



FROM \$24
FOR 4 ISSUES
SAVE UP TO 28%



FROM \$34
FOR 6 ISSUES
SAVE UP TO 32%



FREE \$30



The ChocolateBox
EST. 1958

GIFT VOUCHER*

The ChocolateBox
EST. 1958

GIFT VOUCHER

\$30



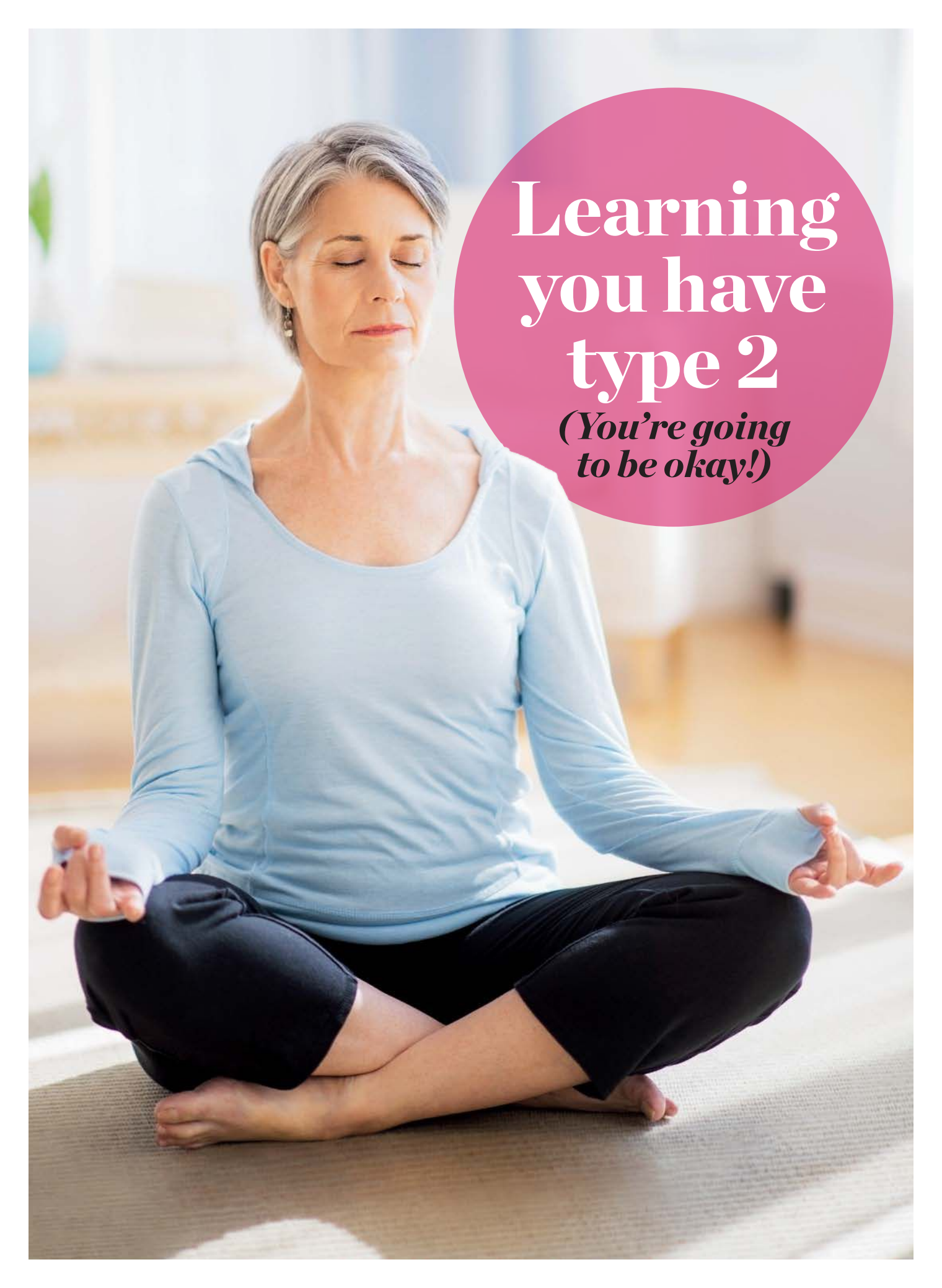
subscribetoday.com.au/xmas



1300 668 118
and quote P7B9JZZA

T&C's: *A valid e-mail address is required when you place your subscription order to receive your voucher. One redemption per email address. You will receive a voucher code and instructions on how to redeem your voucher upon subscribing. Vouchers can be redeemed online at chocolatebox.com.au only and excludes delivery fee. All magazines are published monthly except *BH&G*, published 13 times annually; *Who*, *that's life!* and *New Idea* are weekly and *Diabetic Living* is published bimonthly. Offer valid for Australian delivery only. This offer cannot be used in conjunction with any other offer and ends 31/01/2018. Pacific Magazines Pty Ltd is collecting your personal information for the purpose of processing and managing your subscription. As a subsidiary of Seven West Media Limited, Pacific will handle your personal information in accordance with Seven's Privacy Policy, which is available on subscribetoday.com.au/privacy-policy.

subscribetoday
.com.au

A woman with short grey hair is sitting in a lotus position on a light-colored rug. She is wearing a light blue long-sleeved shirt and black pants. Her eyes are closed, and her hands are resting on her knees with palms facing up. The background is a bright, out-of-focus indoor space.

Learning you have type 2

*(You're going
to be okay!)*

Addressing emotions like shame, anxiety and fear is the key to dealing with a type 2 diabetes diagnosis

▶▶ “I was too embarrassed to tell anyone when I was first diagnosed with type 2 diabetes 16 years ago,” says Louise Payne, a 38-year-old teacher from Lake Macquarie, NSW. “Though I was relieved to finally know why I had been so tired, I worried that people would think I brought this on myself. The doctor didn’t help. He clearly knew little about type 2 and told me to go home and not eat anything with sugar. When I went to the supermarket, I was so distressed because sugar was on almost every food label. I felt completely overwhelmed.”

Learning that you have type 2 diabetes is a life-changing moment that can completely shake up your world. “It is perfectly normal to feel out of your depth and grieve the loss of your previous, more carefree life,” says Helen Edwards, diabetes educator and founder of the website Diabetes Can’t Stop Me (diabetescantstopme.com).

“Managing diabetes can at times be difficult, tiring and stressful. But diagnosis is also the first step towards improving your health and feeling better.”

En route, you may find that you need to have some strategies to be able to handle the following emotions.

1 Anxiety

People with diabetes are 20 per cent more likely to suffer anxiety, research from the US Centers for Disease Control and Prevention shows, while in Australia it has been found roughly one in six people with diabetes experience anxiety.

This worry triggers your fight or flight response. “The resulting stress hormones, such as adrenaline and cortisol, can negatively affect everything from your blood glucose levels (BGLs) to your ability to fight off a cold,” says Associate Professor Dr Craig Hassed, a pioneer for the use of mindfulness and senior lecturer in the Department of General Practice at Monash University.

SELF-HELP

- **Slow down** Breathe in and out to the count of three and tell yourself, “I am safe right now.”
- **Become more mindful** “When you fully engage in the sights, sounds and feelings of every moment, you can’t worry about the past or future,” Dr Hassed explains. People who engage in mindfulness also have healthier BGLs, shows research from Brown University.
- **Eat regularly** Skipping meals causes a drop in blood glucose that can raise anxiety levels.
- **Meditate daily** Continue the stillness from meditation into the rest of your day or evening.
- **Move your body** Exercise helps your body burn off stress hormones. Try walking, yoga, swimming or a team sport. HIIT (High Intensity Interval Training) is particularly beneficial in easing tension and stress, shows research from the University of Missouri. It involves performing short



Louise is a self-care expert thanks to her diagnosis.

bursts of intense exercise followed by short rests.

2 Denial

Some people deal with their type 2 diagnosis by ignoring their condition and failing to make any positive lifestyle changes.

“Unfortunately, in the long term this approach can put you at risk of diabetes complications,” says Edwards.

SELF-HELP

- **Set new healthy routines** Try a gentle approach – for example walking daily instead of going to the gym. Schedule treats like dessert or fast food so you don’t feel deprived.
- **View targets as suggestions** “Targets for BGLs, HbA1c or A1c (the average BGL over the past eight to 12 weeks), blood pressure and so on are important,” says Edwards. “But they can make you feel like you are sitting an exam every day. Think of them as guides rather than ‘musts’.” ➤

3 Shame

“When first diagnosed, I felt so ashamed and embarrassed that I only told close friends and family,” says Payne. “But as I read more about type 2, I realised genetics play a big role and that I was unlucky to get it when I was not much above my average weight. That knowledge helped me to stop caring what other people think.”

SELF-HELP

- **Lower the bar** Aim to do your best today rather than be perfect every day.
- **Make over your self-talk** “Avoid unhelpful thinking styles, such as black and white thinking or catastrophising,” says Dr Hassed. “This will help you keep events in perspective, so they seem less overwhelming.”
- **Be kind to yourself** Speak to yourself the way you would speak to a friend. “Critical self-talk encourages the release of chemicals that increase inflammation, which can erode health long-term and could worsen diabetes complications,” says Dr Hassed.
- **Stop blaming yourself** “Research shows many factors contribute to the development of type 2, including genetic predisposition, age and even stress,” Edwards explains.

4 Fear

Chronic worries about your health or complications you could experience may keep you awake at night once you are diagnosed with type 2. “Try to stop thinking about the ‘what ifs’ and remember that just because you fear something, doesn’t mean it will come true,” Edwards advises.



SELF-HELP

- **Take control where you can** “Though you can’t prevent diabetes complications, you can reduce their likelihood by eating a healthy diet, exercising regularly, quitting smoking and reducing alcohol,” says Edwards.
- **Seek support from your team** “I fear complications in my feet,” says Payne. “I spent six months in a moon boot last year with suspected Charcot foot disease but it turned out to be arthritis. I’ve found the best antidote to that fear is for me to see my podiatrist regularly.”
- **Face your fears** Write a list of your fears, then beside each one, note strategies to address them. According to Edwards, “This will

remind you that you are not at the mercy of your diabetes and you do have some control.”

5 Gloom

“Why bother – my future health is doomed anyway,” is a common thought when diagnosed with type 2 diabetes. “Unfortunately, when you often get upset or stressed or despairing, you strengthen the wiring for those emotions in your brain. So the more gloomy you are, the more gloomy you will continue to feel,” Dr Hassed explains.

SELF-HELP

- **Have positive expectations** Expect the best from life and

10 tips for type 2 management

Follow these tips for fuss-free type 2 self-care:

1. Write a weekly meal menu to ensure ingredients are close at hand.
2. Tell family and friends when you're struggling.
3. See your support team of health professionals regularly.
4. Take meds at the same time every day (set a phone alarm if necessary).
5. Join the National Diabetes Services Scheme for cheaper diabetes supplies.
6. Keep your prescriptions at your local pharmacy.
7. Cook double and freeze the second serve.
8. Note all medical appointments on a special health calendar.
9. Compile medical contacts in a book or on your phone.
10. Call your doctor to check if they are running on time.

*Lower the bar.
Aim to do your best
today rather than be
perfect every day*

people, and you will zoom in on more and more good news stories every day.

● **Celebrate your personal bests**

Write a list of what you do right most of the time – such as eating a healthy dinner and going for a walk a few times a week. Look back and ahead so you can appreciate how well you do most of the time.

● **Keep a daily gratitude journal**

It can boost optimism while reducing depression and stress, shows research from the University of California.

● **Enjoy feel-good activities**

Watch the sun set, tell a joke or hug someone you love. “The neuroplasticity of the brain means that every time you enjoy

something that makes you feel happy, stimulated or uplifted, you strengthen those positive pathways in your brain,” says Dr Hassed. “Feel good more often and the pathways forming your negative brain networks will grow weaker while the pathways for optimism grow stronger.”

“When I feel overwhelmed by all the medications and doctors’ appointments and self-care, I talk to family or close friends,” says Payne. “I also distract myself with activities such as a phone call to a friend, a walk, the movies or a massage, and it makes me feel much better.” ■



exercise

YOGA

The big zen

The benefits of yoga – including lowering blood pressure and easing back pain – should be enough to get anyone on the mat

▶▶ But while two million Australians embrace their inner yogi, the numbers take a nosedive for those past age 50. That's unfortunate, experts say.

"Yoga can be a lifelong best friend – if you know how to respect and listen to your body," says Colleen Saidman Yee, owner of Yoga Shanti Studios in New York. "Yoga will keep your joints and muscles fluid and flexible, and aid digestion and sleep," she says.





Yoga can also have a positive effect on mental health, says John Zrebiec, director of behavioural health services at the Joslin Diabetes Center in Boston. “Studies indicate a variety of beneficial outcomes,” Zrebiec says. Yoga may reduce stress and improve mood, quality of life, cognitive function and energy levels. Yoga may even reduce symptoms of post-traumatic stress disorder.

Our recommendation: just start. Look for a beginner’s DVD or class. “Then show up,” says Saidman Yee. “Chances are you’ll get more out of it than you thought.”

Read on for everything you need to know, whether you’re a first-timer or a regular wanting to learn more. ►

YOGA *styles*

Seeking enlightenment? Or is fast and sweaty your MO? “Yoga isn’t a one-size-fits-all exercise,” says yoga instructor Kristin McGee. “There’s a type to suit every body and personality.” Here are some styles to try.



BEST FOR BEGINNERS

Hatha, Iyengar

The foundation for most types of modern yoga, slow-paced Hatha is based on classic poses (asanas) and breath work. “As it’s straightforward, Hatha is great for beginners,” McGee says.

For newbies interested in anatomy and form, try Iyengar. “It puts a heavy emphasis on alignment, using props.”



BEST FOR STRENGTH TRAINING AND WEIGHT LOSS

Ashtanga, Vinyasa Flow, Power Yoga

If your gym offers one of these classes, prepare for a workout. Designed to generate heat through constant movement, these fast, flowing styles lead you through a series of asanas “Challenging poses up the kilojoule burn,” McGee says.



BEST FOR CHILLING OUT

Yin, Restorative

Yin yoga takes a more passive approach to stretching, letting your body relax into poses. “Holding postures as you focus on breath allows you to quiet your mind,” McGee says.

Restorative is also calming, minus the focus on flexibility. Impatient people steer clear – poses can last 20 minutes.



BEST FOR INJURY REHAB

Viniyoga

“This therapeutic practice is ideal for rehabilitation and healing because it’s tailored to each person,” McGee says.

Expect one-on-one time with a highly trained instructor who will modify the asanas to any physical limitations you have, whether that’s a sports-related sprain or chronic low-back pain.



BEST FOR SELF-AWARENESS

Anusara

Combine Iyengar’s emphasis on alignment with self-help language and you have Anusara yoga. The slower pace leaves ample time for deep thoughts and soul-searching. “It’s about heart opening and leading with grace,” McGee says. “It has modern spiritual elements and is quite lovey-dovey.”



BEST FOR ENHANCING ENERGY

Kundalini

Meditative and spiritual, this branch teams fluid movements with breathing exercises, such as the alternate nostril method (using your thumb to block a nostril as you breathe through the other). “The aim is to release energy from the spine,” McGee says, “so it fights fatigue and can even improve your sex life.”



yoga cheat sheet

MANTRA

A few words or syllables to repeat while meditating, either silently or aloud. It's meant to inspire and keep the mind from wandering – similar to an affirmation.

NAMASTE

(NAH-meh-stay) Much like "aloha" in Hawaiian culture, this word has come to have many meanings, including hello, goodbye and thank you.

OM

A sound meant to signify the hum of the universe – a chanting staple.

SAVASANA

Also known as corpse pose, this is a deep relaxation pose in which your body is completely free of tension, which allows all the benefits of the yoga to take effect.

SITZ BONES

Your instructor will say "sit on your sitz bones", which means to support yourself by connecting with the two bony protrusions in your butt.

SUN SALUTATION

A sequence of asanas including mountain pose, standing forward bend, lunge, plank pose, chaturanga, upward-facing dog, and downward-facing dog.

TADASANA

(tah-DAHS-anna) Also known as mountain pose, this is the starting position for all standing poses. Stand with your feet parallel and as close together as is comfortable. Firm your thigh muscles, lift the top of your head towards the ceiling and hang your arms by your side. ➤



HEAD *health*

MORE YOGA BENEFITS

According to the *Journal of Diabetes & Metabolism*, yoga's benefits extend well beyond the physical.

Studies show that regular yoga practice has a positive effect on mental health, including relaxation, improved breathing, and calming of the nervous system.

The journal further reports that yoga may improve nerve damage and cognitive function in people with diabetes, which may benefit management of complications. Yoga may also reverse the negative impact of immune system stress.

If you're not convinced yet, experts dish out even more reasons to break out the yoga mat, saying that the practice might improve overall quality of life while relieving tension, anxiety, depression and insomnia.

DID YOU KNOW?

There are over 100 different schools of yoga – something for everyone!

YOGA AT WORK

Sitting hunched over a keyboard for hours on end wreaks havoc on your hips and legs, as well as your neck, shoulders and back.

If pain and poor posture aren't bad enough, it's the sedentary nature of an office job that's the true occupational hazard.

Experts warn against prolonged sitting as it increases a person's risk of chronic diseases such as cardiovascular disease, diabetes and cancer. Plus, more than six hours of sitting a day can shorten life expectancy.

The answer is to get up and moving at work. Experts say taking standing breaks could lower a number of health risks. Now, many fitness trackers on the market have built-in

notifications to remind users to get up and move regularly.

Yoga instructor Suzan Colón has another solution. Her app, *Take A Yoga Break* (\$2.99, iTunes), has a series of moves designed to help combat the health dangers of sitting. Based on traditional poses, her exercises will get you on your feet regularly, increasing circulation and loosening tight muscles while promoting deep breathing. "No special yoga equipment or clothing is required," Colón says.

Program the timer. When the alarm goes off, it's your cue to stand up and strike a pose. Here are a few of Colón's moves to get you started.



exercise

1

TREE BREAK

Flexes muscles supporting the spine and stretches feet.

- Brace your chair against a desk and stand behind it with feet together and one hand on top of chair. Shift your body weight to your left foot without sticking out your left hip.
- Inhale, bending your right knee enough to come to your tiptoes. Exhale, rotating right knee out as if opening a gate. Inhale then exhale, returning knee to front.
- Do 5 times on each leg.

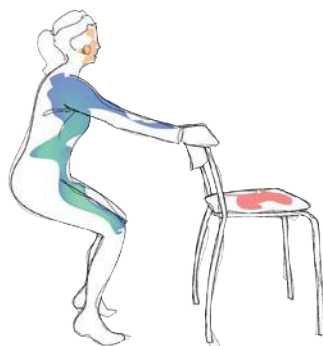


2

OFFICE CHAIR POSE

Strengthens and tones quads.

- Push your chair against a desk and stand arm's length from it with your feet hip-width apart. Inhale then exhale, bending your knees as though you're about to sit. Go as low as is comfortable and breathe at a normal pace. Inhale and stand – then exhale and bend your knees.
- Do 3 times, rest a moment, then repeat 3 more times.



3

CORPORATE CAT

Flexes muscles that support the spine and stretches feet.

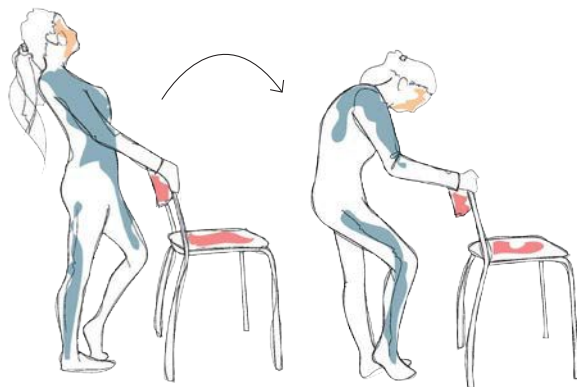
- Brace your chair against a desk and stand behind it, feet a comfortable distance apart, with both hands on top of chair.
- Inhale a slow, deep breath as you arch your

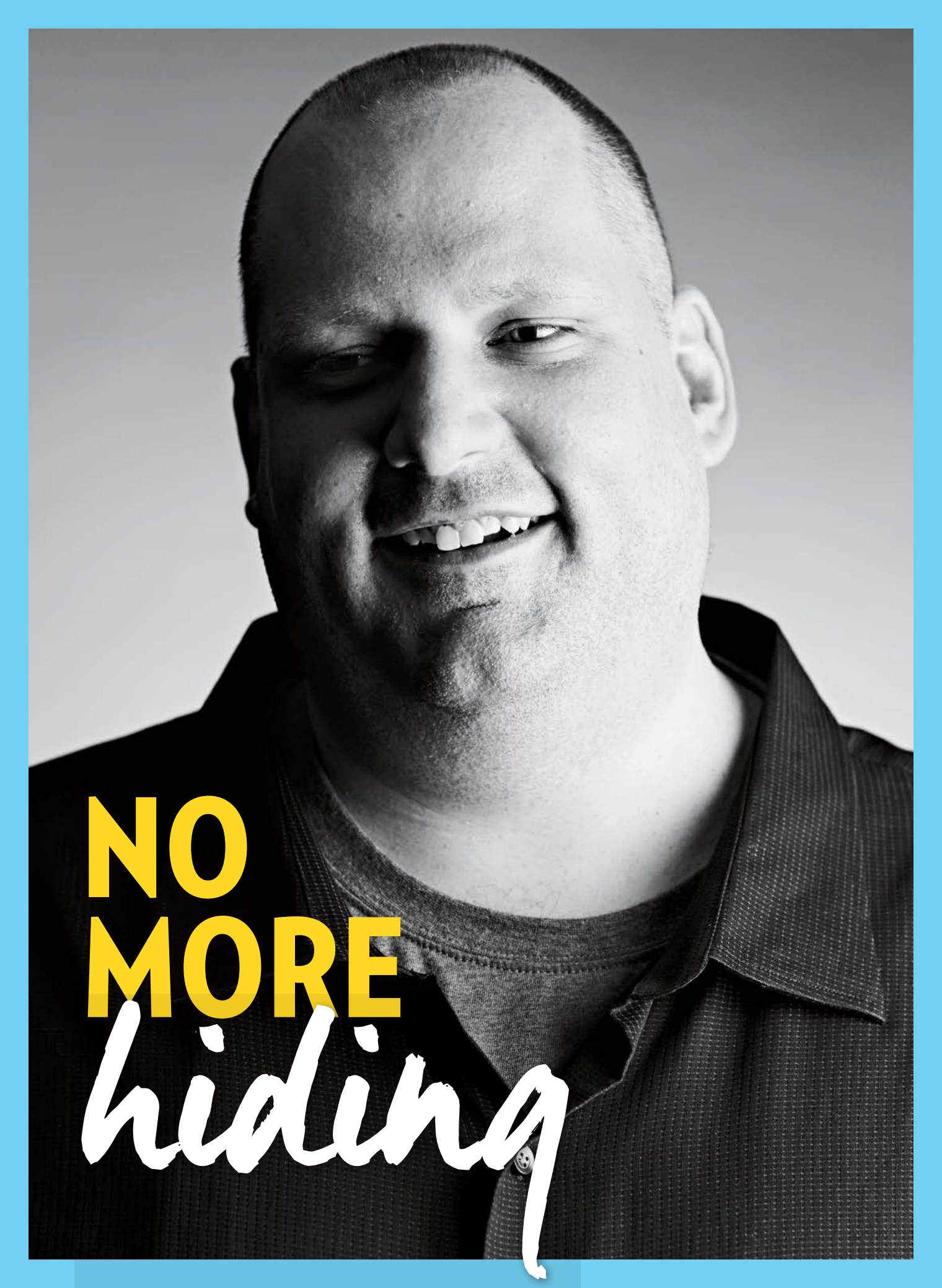
back without straining your neck and bend the left knee forward, coming to your toes.

- Exhale and round your back while bending your right knee forward. Repeat this move.
- Do 10 times total, letting the movements follow your breaths. ■

“Yoga adds years to your life and life to your years.”

– Alan Finger





**NO
MORE**

hiding

THIS IS DAN

He's living proof that it doesn't matter where you are on life's journey – you can always move forward. Read on as this newspaper reporter lays bare his struggle in a shocking and courageous story about taking the first steps towards recovery from morbid obesity.

▶▶ “Do you want me to get a wheelchair?”

Reality overcame denial in that simple, earnest question from a friend.

I was in a Des Moines hospital for a story that involved touring a neonatal intensive care unit with the hospital's public relations man, whom I had known for years.

I was in terrible pain. Lightning bolts struck the base of my spine and sent shocks through my body. My legs felt like dead logs dragging across the floor.

Though it was a cool day in February, sweat rolled off my bald head from the simple exertion of walking from the elevator to the nurses station. My navy golf shirt was soaked, the crotch of my pants damp.

In practical terms, it was maybe 20 metres. For me, it felt like 30 kilometres.

I blamed the back pain on carrying too many groceries. But that was a lie I told myself to avoid the truth I'd been dodging for almost a decade.

The problem is my body. It's practically immobile because I am morbidly obese.

The turning point

Morbid obesity is a medical diagnosis for someone who has a body mass index (BMI) of over 40. Mine, I learnt after that day in the hospital, was 64. Obesity, the more common diagnosis, is a BMI of 30 or greater.



Of course, I'm not the only hefty American. The Centers for Disease Control and Prevention (CDC) estimates about 36 per cent of US adults – roughly 85 million people – are obese. The people hit hardest are ages 40-59, according to CDC data.

Things aren't any better in Australia – a 2015 Australian Bureau of Statistics survey found 63 per cent of Australian adults, about 11 million people, are overweight or obese.

The risks are well-known: type 2 diabetes, cardiovascular problems, skeletal and muscular stress, among others.

I knew all this, of course. I have a mirror at home – just the one, which I avoid looking into directly, especially when I get out of the shower. Still, I've been a master of self-deception. I ignored my weight when the doctor's scale – which measures up to 227 kilograms – could no ▶

longer measure me. I ignored it when I stopped fitting into seats at theatres, sporting events and concert venues.

I ignored it when a walk to the mailbox – about a block – was enough to leave me winded for nearly 20 minutes.

I ignored my weight when the seatbelt in my car no longer fit without an extension. I didn't even know extensions existed until I saw them at a big-and-tall clothing shop, where I got mine.

I rarely rode in other people's vehicles because I worried the seatbelt wouldn't fit or I couldn't wedge my hulking frame inside. And forget about flying. I didn't fit in the seats with the armrests down. I wouldn't buy two tickets.

I ignored it when cleaning myself after using the toilet became a painful, nearly impossible task. And public bathrooms? The handicap-accessible stalls might work, but a regular stall was always too narrow. I usually just rushed home, often risking embarrassing accidents. Even using the urinal was a challenge.

And I ignored it when my doctor diagnosed me with type 2 diabetes.

Reality hits

But on that day when my friend offered me a wheelchair because I could barely walk under the weight of my own body, all of the denial vanished.

I was now too fat to do my job.

I'm a newspaper columnist for *The Des Moines Register* in Iowa, one of the few public faces of my home-state newspaper. It's been my dream for as long as I knew there was such a thing. It's the best job I've ever had. I planned to hold onto it until I retired. But suddenly, I faced the

Surgery and insurance in Australia

Only 49 per cent of Australians have private health insurance that covers hospital treatment in their chosen policy. Although there is no requirement for you to have private health insurance, without it patients are left paying extra tax every year under the Medicare Levy Surcharge. Hospital cover pays for some, or all, of the costs as a private patient, including doctors' fees and hospital accommodation, and ensures you have a shorter waiting period.

When it comes to weight-loss surgery, most companies pay benefits for this, but you'll usually need premium-level hospital cover. So, if this is something you are seeking, it is best to check your cover level in advance. But not everything is covered. Luckily, Medicare can cover some things, such as GP appointments and the initial consultation with the surgeon. For those who fit the requirements and elect to have the procedure performed as a private patient, you may qualify for a Medicare rebate. The amount of rebate depends on the operation you are undergoing, which must be determined by your doctor. Even with private health insurance and Medicare, you should expect to pay out-of-pocket expenses.

real possibility that I wouldn't be able to go to interviews or even stand up for more than a minute or two.

On that February day, the facts were undeniable. I was well on my way to the wheelchair. Next would come the motorised scooter, possibly the cemetery. At 39 years old, I had the mobility of a hospice patient.

The photographer and the PR man went on with the assignment. I rode the elevator to the lobby and collapsed into one of its upholstered circular benches. I keep some anti-anxiety medication in a gold cylinder attached to my key chain; I screwed off the top, shook out two pills and then swallowed them without water to fight off a bubbling panic attack. I was overwhelmed by the pain and shame.

What had I done to myself? Would I ever be functional again?

I fished my iPhone from my pocket. I dialled my doctor right there in front of total strangers shuttling back and forth through the lobby's revolving door. I worried they were eavesdropping, but it's likely no one noticed me having one of the greatest turning points of my life.

"I've hurt my back," I told the nurse who answered my call. "I'm in terrible pain. I think it's time to talk about my weight."

If my life was a *Rocky* movie, this is probably where the heroic montage would start. But I think we all know that the biggest struggles of our lives can't be condensed into a catchy pop tune. I had work to do.

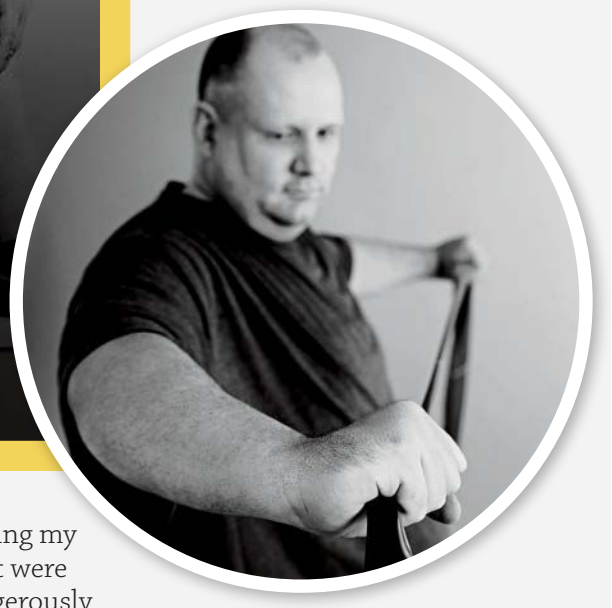
The beginning

For years, my doctor has suggested I look into bariatric surgery. I always said I would,

My Story: Type 2



**“At 39 years old,
I had the
mobility of a
hospice patient
... I was well on
my way to the
wheelchair”**



the way I promise the dentist I'll floss three times a day. But I wasn't ready to commit.

She wrote me a prescription to alleviate the back pain and referred me to a physical therapist and a dietitian at a special weight-loss clinic.

I already had a mental health therapist – I live with generalised anxiety disorder and persistent depressive disorder. I take medication to control the biochemical malfunctions in my brain that cause the trouble, but talking about the psychological causes of my overeating became a top priority in our sessions.

This became my healthcare team. Together we began the

long process of rehabbing my body – a body that, if it were a house, would be dangerously close to being unfit to occupy.

Thank God I have a full-time job and health insurance. But my insurance doesn't cover visits to a dietitian, or pay for a membership to the YMCA or health club. It doesn't pay for classes to teach me healthier cooking or better food-shopping habits. All that is 100 per cent my bill. However, my insurance will pay for nutrition counselling if it's in preparation for bariatric surgery. And it will pay for bariatric surgery.

To me, this seems insane. Medicine is supposed to be

transitioning from reactive care to preventive care, but most insurance companies won't cover an array of cheaper measures that could prevent costly surgery when it comes to obesity. Every insurance plan is different, and there's no universal standard for coverage for chronic obesity. But if you're beginning your own recovery, talk directly with your insurance company about what is and isn't covered. Doctors often make recommendations for care or medication but have no idea how much either of these will cost you. ►



**Physical
therapist**
Stefanie Kirk

It behoves us all to be informed and ask for alternatives when money is an issue in our care.

Still, I'll tell you this much – every cent I spent on this process was worth it. Nothing that I could have purchased, no holiday I could have taken and no night out on the town would have brought as much value and happiness to my life as beginning recovery.

“No holiday I could have taken and no night out on the town would have brought as much value and happiness to my life as beginning recovery”

Making progress

My journey began in earnest about a week after the wheelchair incident.

I was still in crippling pain and practically immobile when I met with physical therapist Stefanie Kirk. She asked me to walk a small track marked out with tape on the floor.

One lap was 50 metres.

“Just do as many as you can,” she said. “I’ll be right here with you. Stop at any time.”

The first few metres went easy enough, but at the quarter-lap point I started to hurt. By half a lap, I was sweating and wanted to stop. I forced myself to finish the lap.

Stefanie brought me a chair, a cup of water, and a towel. “On a scale of one to 10, how would you rate your pain?” she asked me.

“Ten,” I said, and hung my head. Stefanie crouched down and her eyes met mine. “Hey,” she said. “This isn’t going to be easy, but you are going to get better way faster than you think.”

The hard way

The next day I met Jacque Schwartz, my dietitian. The first thing she had me do was step on a scale.

The kind of scale needed to measure a person my size looks like something you’d find at a cattle yard – a black platform about half a square metre with handrails that meet in the middle, where a computer panel displays your weight.

I stepped on. For the first time in more than a decade, I knew my exact size – 255 kilograms.

“That’s horrifying,” I said. “I’m more than a quarter-tonne.”

I envisioned having to be moved around by forklifts like cargo in a port. I felt completely inhuman, just a massive thing. Yet there was some relief in actually knowing that number.

“What did you think it would be?” Jacque asked.

“I figured it was up over 600 pounds [272kg],” I said.

Jacque laid out the options the weight-loss clinic offered. One

was a meal-replacement plan.

The cost was absurd:

US\$6000. I ruled that out

– I just don’t have that kind of money, and I had a sinking sensation it wouldn’t work anyway.

Jacque told me I could also choose bariatric surgery. She said the clinic doctors typically perform a gastric sleeve procedure, cutting out about 80 per cent of the stomach.

The idea was that I would feel fuller faster, and my stomach would produce fewer of the hormones that stimulate appetite.

“What do you think about that?” she asked.

“I hate it,” I said to her. “I’ve never even had my tonsils taken out. I’m terrified of cutting away most of a healthy organ.”

There was one final option – the hard way.

Eat less. Move more.

Keeping the ledger

Because my back was mangled, moving more would come later. Eating less started at once.

Jacque suggested using an application for my phone to track kilojoules. There are lots of them. She used a free app called *MyFitnessPal*. The app allows me to scan the barcodes of packaged foods and provides good estimates of kilojoules for fresh produce, meat and other items.

You’ve probably guessed by now that this makes me kind of a pain at restaurants. I pester servers about the ingredient amounts, preparation and if they can grill something rather ➤

than fry it. I try to add to the tip if I'm particularly obnoxious. But the more I know about a meal, the better I can estimate kilojoules and the more comfortable I feel eating. It can make me an annoying dinner companion, especially to my less-patient friends, because I take so long to choose and spend a lot of time punching food into my phone. But it's worth it to me.

I had long avoided counting kilojoules because I thought it would be tedious. But the memory of the wheelchair was so intense, and I was desperate to get better. Kilojoule-counting became like keeping a bank ledger. My daily goal was how much I had to spend. Going over was akin to being overdrawn. It helped me make better choices.

Hitting a roadblock

The process takes practice, and I make a lot of mistakes. I tend to overeat less out of hunger and more because of emotional situations. Recently, a friend suffered a hypoglycaemic attack while we were out having lunch. He's lived with diabetes for 10 years, mostly in secret. But having never witnessed anything like that, I was badly shaken. I thought my friend was having a stroke – I called emergency services and his wife, and in the end, everything was fine. But on my drive home, I started shoving leftovers in my face as fast as I could. Manic eating at its worst.

I made it home but I felt wretched. The scare was bad enough, but the eating – the pure desperation of it – rattled me more. I was convinced this was the moment I would lose control and undo any good I'd done up to that point.

*For the
first time
in more
than a
decade,
I knew
my
exact
size:*

255
KILOGRAMS

I called my therapist. "You called emergency services and had the presence of mind to get a hold of his wife and put her in touch with the medics?" he asked.

"Yeah," I said.

"Dan, do you realise you have terrific survival instincts? Not everybody can do that."

"What about the eating?"

"So you did some emotional eating," my therapist said. "Are you still eating?" I wasn't.

"Do you plan to keep eating that way for the rest of the day or longer?" he asked. I didn't.

"Then you're going to be OK," he said. "Incidents happen. You deal with them. Whether you know it or not, your coping skills are excellent. How do you feel?"

"I'll make it," I said. And I did.



No cold turkey

The things Jacques taught me about food were not shocking. Eat fresh fruits, green veg and lean meats. Avoid junky carbs and sugars. But the day-to-day process is slow.

I didn't go cold turkey on anything. I slowly gave up my beloved liquid candy, Mountain Dew, finally weaning myself from it entirely after a full month. I switched from low-fat milk to skim. I let go of my morning orange juice.

I started measuring things. If I wanted some baked potato chips, fine. But I was going to measure out a single serving – 30g – and stick to that.

Sometimes it's tedious, but I feel good when I've stayed below my kilojoule goal. I feel



better when I see a smaller number on that scale at my monthly weigh-ins.

The food changes aren't as stressful as I'd imagined. I envisioned myself dashing to a service station at night, holding my face under the Mountain Dew tap, gulping down as much as I could until the police hauled me away to the hospital for a mental health evaluation.

The truth was less dramatic.

My overeating tends to be driven by feelings rather than cravings. So a lot of the things I ate and drank were out of habit and routine. It's morning – have a glass of OJ. Anytime is a good time for a Dew. But I found other substitutes. Instead of OJ, I eat a grapefruit. Zero-kilojoule sports drinks sub in for soft

drink. But it can be frustrating.

My parents host an annual Independence Day party with all the fixings – homemade pork and beans, grilled pork and brisket, coleslaw, my mother's magnificent potato salad, a table of desserts so sweet they could melt a blood glucose monitor.

My therapist and my dietitian remind me of moderation. No foods are banned, just limited.

So last Independence Day, I carefully planned what I was going to eat. I figured a cup each of my favourites. But I forgot the homemade pineapple sherbet, a once-a-year treat that's tied to so many fond memories of my childhood.

When I thought I couldn't have that dessert, I nearly cried. Then I remembered: not banned,

My Story: Type 2

just limited. So I had a cup. And I still lost weight at my next weigh-in. That's a win.

I've been doing a lot of that since this recovery started. I think it has to do with seeing a therapist. He helps me try to figure out the emotional hole inside of me and why, for most of my life, I've tried to fill it with food. I'm dealing with all of it. I'm a work in progress.

Keep on moving

Since this process began, I've lost more than 34 kilograms. People say I look slimmer. My pants are baggier. My belt is so loose it's useless. And I do feel stronger. I can make it up a few flights of stairs. The walk to the mailbox won't cripple me.

Yeah, I'm still obese, but my BMI has dropped from 64 to 59.

I figure it'll take four years or more to hit my target weight and the rest of my life to stay healthy. That's why I use the word 'recovery' instead of 'diet'.

I may one day be fit again, but I have to remember that I will always have the potential to relapse. That is something I am determined to prevent.

Sure, some days I would give anything for a pizza. Many days, if not most, I want to blow off exercise and sit in my house and not be seen. And again I think of the wheelchair.

Then I stand up and get moving. Because there's just one direction I'm headed right now – forward. ■

DANIEL P. FINNEY is a columnist for the *Des Moines Register*. You can follow his efforts to lose 136 kilograms and regain his health on his candid and riveting blog at desmoinesregister.com/makingweight

THE SLIM SECRETS OF *meal-delivery* **DIETS**

We tried a food delivery service and stole its smart tricks for a slim kitchen



▶ “You’ve gained weight.” Those were my doctor’s first words at my check-up last year. Ouch. I knew I’d been stress-eating, and the result was an extra four kilos. Then a mate suggested a service that delivers kilojoule-controlled meals. At \$150 to \$175 a week, it was steep, but when my dad gave me a birthday cheque, I splurged.

The first morning, an insulated bag arrived at my door containing three meals, a snack and dessert

– all within my allotted 5000 to 5800 daily kilojoules. It was tasty, though portions were tiny. Lunch and dinner – a chicken-mango-rocket salad, plus prawns with beans and veg – were Lean Cuisine-sized. Tomatoes with cheese for a snack. Just enough berry trifle to fill an espresso cup.

By day three, my stomach was rumbling. I panicked, thinking there wasn’t enough food. But after my snack, dinner and dessert,

I felt fine. Once my body had adjusted, my hunger went away.

By month’s end, I lost 2.7kg. After another 30 days, I shed 1.4kg more. Then I started to worry. What would happen when I couldn’t afford the luxury?

Determined not to slide, I started re-creating meals and using strategies that I’d learnt from the service. The scale has held steady since. Here are the tips that stuck after the boxes stopped arriving.

DIY Diet Success

Here are the secrets that helped me drop the weight and keep it off. They'll work for you, too – no meal-delivery service required.

1 RECALIBRATE YOUR PLATE

My first breakfast on the plan was two super-thin slices of French toast with a thimbleful of syrup. It was then that I realised I'd been eating way too much food.

Turns out I'm not alone in my portion distortion. The average dinner plate has grown 36 per cent over the past five decades, Cornell University researchers say.

My delivery-service diet carefully measured portions. In my plan, proteins were 85g, about the size of a deck of cards, and grains were a half cup – say, half a cricket ball.

"To make sure you're eating the right amount, measure your food for a day or two," says dietitian Alison Massey, director of diabetes education at Mercy Medical Center in Baltimore.

Getting used to these smaller servings took about a week. Following the plan's recommendation to spend 30 minutes enjoying each meal also helped me quite a bit.

"Eating slowly gives your brain time to register fullness," Massey says. To pace yourself, sit at the table for meals and put down your fork between bites.

2 RAMP UP THE FLAVOUR

"When you're cutting kilojoules, using herbs and spices can prevent you from feeling deprived," says dietitian Lauren Harris-Pincus, the founder of a program called Nutrition Starring You (nutritionstarringyou.com). According to a study in the

journal *Appetite*, people enjoyed the reduced-fat version of a dish as much as they did the full-fat one when herbs and spices were added.

In my delivery meals, harissa – a Tunisian hot sauce – gave veggies a kick, and parsley and mint dressed up meatballs. So try subbing in herbs and spices in place of fat in your cooking. Fold curry powder into a cauliflower mash or mix rosemary into a turkey burger patty.

Along with delivering nutrients, these ingredients can lessen your salt-shaker dependence. Research by the American Heart Association found that when people flavoured food with herbs and spices, they reduced their sodium intake by 966mg a day. That's a lot!

3 USE YOUR BEAN

Whether it was cannellini beans floating in a chicken-vegetable soup or black beans flecked with red onion Cuban-style, my delivery meals were often brimming with legumes.

"Beans are high in both fibre and protein, which can keep you satisfied longer," says Dr Rebecca Cipriano, founder of the Pop Weight Loss program.

In fact, researchers at St Michael's Hospital in Toronto found people felt 31 per cent more satisfied when their meals contained a cup of beans than when they didn't.

Over time, this may add up to some dropped kilos. In another Canadian study,

people who regularly ate beans weighed less and had a smaller waist size than those who didn't. To bulk up your meals and feel fuller, add half a cup of legumes to soups, salads and entrées. For a healthy snack, Cipriano recommends puréeing your favourite beans with lemon juice, olive oil and spices to serve as a dip for veggies.

4 MAKE EVERY BITE COUNT

My delivery snacks – including a roasted pear and ricotta crostini with rocket, and spicy prawns with papaya salsa – resembled mini masterpieces. They were much more enjoyable than my

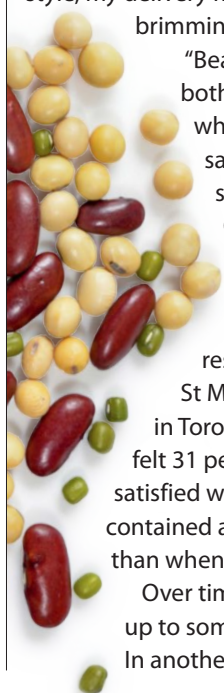
typical vending-machine picks and far better for me. Munching a bag of chips doesn't feel like an eating experience, Massey explains. "But having a snack that's full of different tastes and textures is more memorable and satisfying," she says.

For a treat worth the kilojoules, look for a combo of protein and veg with a mix of flavours, such as wholegrain bread topped with egg salad and a few red capsicum slices.

No time to prep? Jazz up basic snacks – dust almonds with cocoa powder or top low-fat Greek yoghurt with pomegranate seeds.

5 BECOME A GRAINIAC

My starches used to be all white. To my surprise, I really enjoyed trying the fragrant whole grains, like nutty-tasting farro and smoky Chinese black forbidden rice, that featured in my delivered meals. ➤



Besides boosting flavour, these whole grains helped to stop my urge to graze.

"Their high fibre content keeps you full, so you're less likely to seek out sugary foods," Harris-Pincus says. In a Tufts University study, people who ate mostly whole grains had 10 per cent less belly fat – the kind linked to chronic illnesses like diabetes and heart disease – than those who consumed no whole grains.

To incorporate whole grains into your diet, be creative. You can whip up hot quinoa topped with fresh apple slices and cinnamon for breakfast. Or try folding wild rice or barley into your favourite casserole recipe. You can use rolled oats in place of breadcrumbs in meat loaf.

6 PLAN AHEAD Knowing what I was going to have throughout the day prevented me from eating mindlessly. It was also easier to hold off from snacking when I knew when my next meal was coming.

"Planning is the key to staying on track," Massey says. She recommends setting aside time each weekend to prepare a few staples – grill chicken breasts and slice them ready for salads and sandwiches, roast vegetables for tasty snacks and make beans in the slow cooker.

"That way you can easily mix and match sides and proteins for your lunches and dinners," she says.

During the week, take a few minutes every evening to portion out



your breakfast for the next day and pack a healthy lunch and snack to take to work.

The weekend is a great time to bulk-cook staples

that make it easier to prep the next week's worth of meals at home. Big batches of pasta sauce, black beans and hearty soups can be kept for a long time in the freezer and are super versatile.

Dining out? Review the restaurant's menu online before you go and decide on some healthy options. You can choose one once you get to the restaurant.

Meal services

SUITABLE FOR PEOPLE WITH TYPE 2 DIABETES

As individual blood glucose response to food varies from person to person, it is important that you speak to your diabetes team or an Accredited Practising Dietitian before you decide on the best diet for you. If you're considering a meal-delivery service, these offer a variety of nutritious meals suitable for people with diabetes.

● DIETLICIOUS

The extensive menu of global flavours offered are nutritionally balanced and portion-controlled. They are low in fat and have little or no sugar, making the menu suitable for people with diabetes. Endorsed by health professional Dr Joanna McMillan, Dietlicious sources local ingredients – no preservatives, additives or genetically modified foods – and

provides gluten-free, dairy-free and vegetarian options too. Meals start from \$9.90 each. Visit dietlicious.com.au

● TLC

Tender Loving Cuisine – or TLC – offers a large variety of meals with a home-cooked taste. They are

also compliant with the Australian Diabetes Council Nutrient Criteria. The Premium range starts from \$92.05 for seven meals. Visit tlc.org.au

● SOULARA

Australia's only dedicated, fully prepared plant-based meal service is passionate about clean living and "eating the rainbow".



Partnering with top chefs, new recipes are developed each week, ensuring they provide healthy and affordable meals. They are 100 per cent GMO-free, plus are full of fibre, minerals and vitamins, making many choices suitable for people with diabetes. Meals start from \$9.50. Visit soulara.com.au

● HIT100

This Australian-owned company is serious about supporting people under the NDIS to achieve their individual goals while living a normal, healthy life. Offering dietitian coaching and meal delivery for those registered with NDIS, as well as those who need a hand with prep, plans start from \$3 per meal. Visit hit100.com.au ■

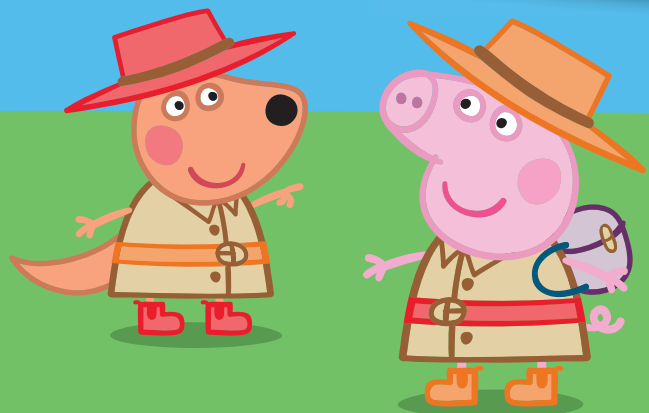
Only at Woolworths 

Peppa PigTM

Purchase **any** participating magazine and get
a Peppa Pig story book
for **\$2.50**

New
selection
of titles

9
to collect



New Idea that's life! Who Better Homes marie claire home beautiful InStyle Men'sHealth Women'sHealth Girlfriend diabetic

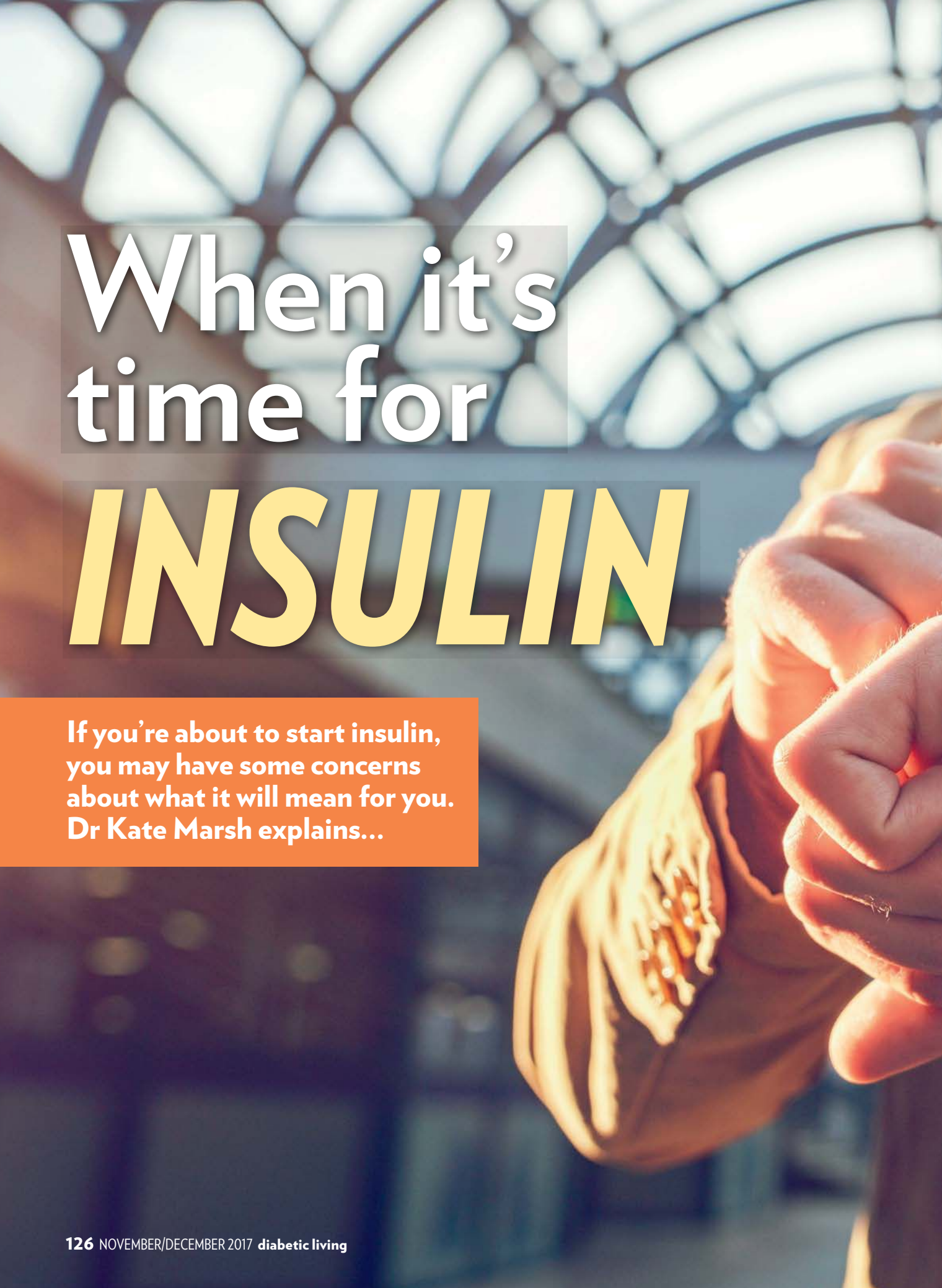
eOne



Peppa Pig © Astley Baker Davies Ltd/Entertainment One UK Ltd 2003.

Woolworths Approval Code 14549-22.10.17. Offer valid from 11th September to 22nd October, 2017. Subject to availability while stocks last in participating stores only. All items must be purchased in the same transaction. Not in conjunction with any other offer.

In stores from 11th September to 22nd October, 2017



When it's time for

INSULIN

**If you're about to start insulin,
you may have some concerns
about what it will mean for you.
Dr Kate Marsh explains...**



living well

▶▶ If you're like most people with type 2 diabetes, you probably want to avoid taking insulin. You might worry about the side effects, the risk of low blood glucose levels (BGLs), how it might affect your lifestyle, the impact on your weight or you may fear the injections themselves.

But even if you've been careful with your diet and exercise, the need for insulin is a natural progression of type 2 diabetes. In fact it's estimated that around half of those with type 2 diabetes will need insulin within 10 years of their diagnosis.

So, while it's normal to be apprehensive about starting insulin, understanding more about the injections can help to reduce some of the fears you may have about the transition. ▶

YOUR CONCERN **Insulin is the last resort**

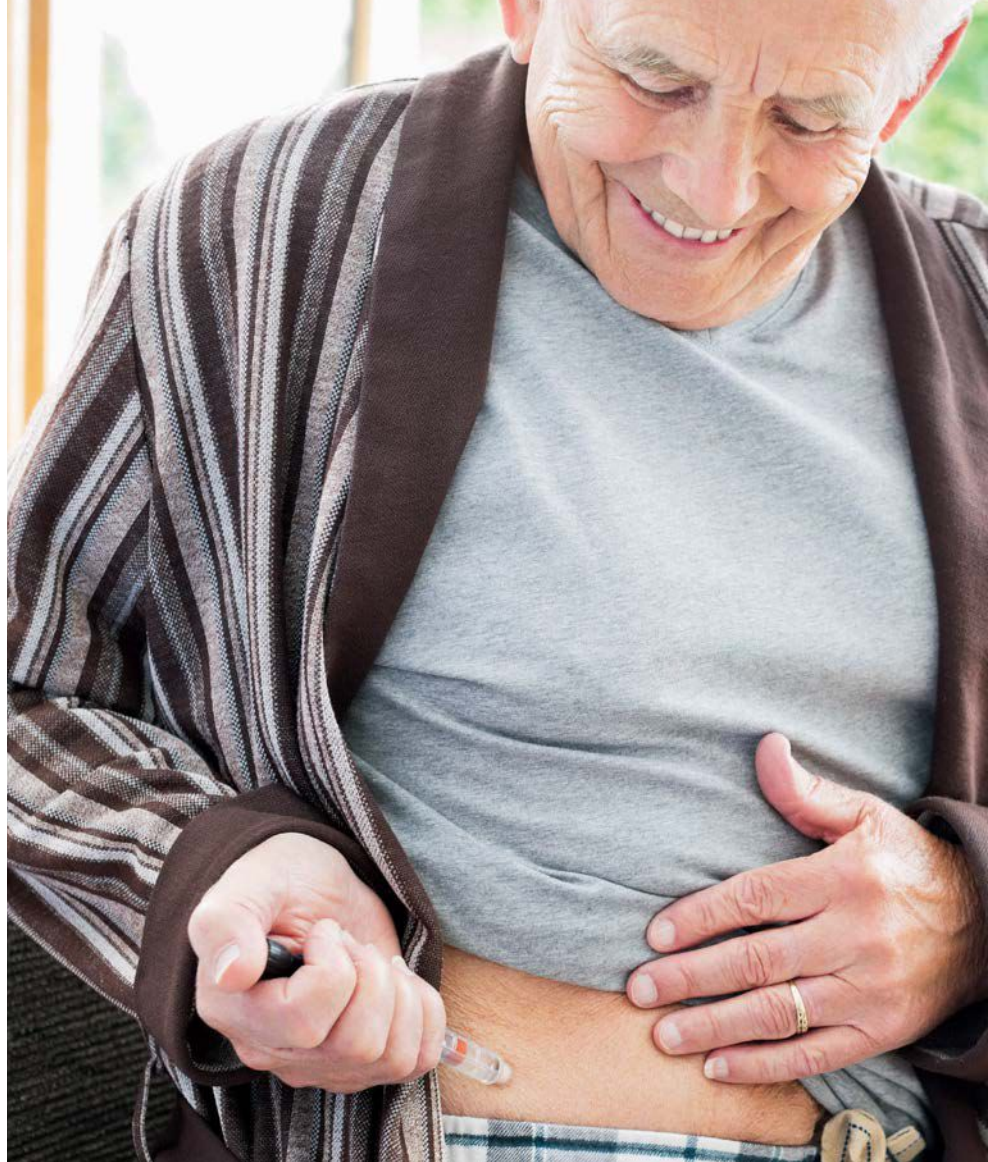
The facts: it's understandable to think this, particularly if you've tried everything else possible to avoid insulin, but it's not the case. In fact, there's now a move to start people with type 2 diabetes on insulin earlier, rather than leaving it as a "last resort". The truth is that keeping your BGLs in your target range should be the goal, and if insulin helps to achieve this goal then it's better to start sooner rather than later.

YOUR CONCERN **Needing insulin means my diabetes is more serious**

The facts: everyone with diabetes should take it seriously, regardless of how it is treated. The main problem with diabetes is the complications that occur from having high BGLs, so your goal should be to maintain your glucose levels as close to the normal range as possible. Whether you need insulin, tablets or just lifestyle changes to do this doesn't matter – it's the high BGLs that are the serious concern.

YOUR CONCERN **Needing insulin means I've failed**

The facts: needing insulin doesn't mean you've failed, it's just a natural progression



of your diabetes. It also doesn't mean that all the efforts you've put into changing your diet and exercising have been wasted. Eating well, exercising regularly and losing weight can delay the need for insulin and will help to keep the dose of insulin you need smaller when you do need it. Remember that

managing your diabetes isn't just about BGLs either – a healthy lifestyle can go a long way towards improving your overall health and reducing your risk of experiencing complications, particularly heart disease.

YOUR CONCERN **If I take insulin I could have a bad hypo**

The facts: while hypoglycaemia, or a low blood glucose reaction, is more of a risk when you are taking insulin, you can significantly reduce your risk by understanding how insulin works and how to balance it with your food and activity levels. In addition, most hypos



“Needing insulin doesn’t mean you’ve failed, it’s just a natural progression of your diabetes.”

are relatively mild and easy to manage if you treat them promptly. When you start insulin, your diabetes educator can help you to understand more about hypos, what you can do to reduce your risk and how to treat them effectively if they do occur.

YOUR CONCERN **The injections will be painful**

The facts: some injections do hurt, particularly those most of us are familiar with, such as having blood taken (a large needle into a vein) or vaccinations (a large needle into muscle). Insulin injections are quite different. The needles are very small and fine and

injections are given into the fatty tissue just underneath your skin where there are very few nerves. Syringes have largely been replaced with pen devices that are convenient and easy to use, so while it’s normal to be apprehensive about giving yourself an injection, most people find this is relatively easy and painless once they’ve managed to get past the first one. In fact, most people find it to be less painful than the finger prick to check their BGLs.

YOUR CONCERN **I’ll gain weight if I start taking insulin**

The facts: it’s normal to gain a few kilograms when you start insulin, mainly as a result of

improving your BGLs. When your BGLs are high, some of the extra glucose is lost in your urine. Once you start insulin and your BGLs come down, you are able to use all of that glucose, so a small weight gain is common. But you can keep this to a minimum by eating well and exercising regularly. Starting insulin can also be a good time to see a dietitian, as they can not only help you to understand the relationship between the food you eat and insulin, but also help you come up with a plan to keep weight gain in check.

~~~~~  
So, if the time has come for you to start taking insulin, don’t think about this as a failure. Instead, think about it as a way to help you lower your BGLs, reduce your risk of complications and, in doing so, improve your overall health and wellbeing. ■



# Feel better in 5

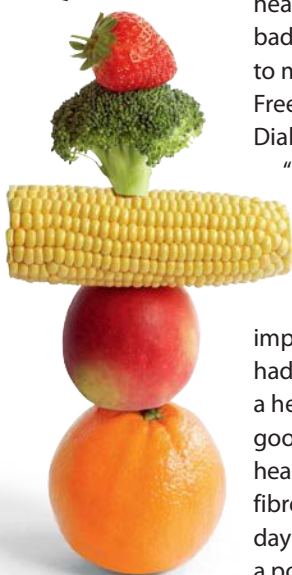
Big changes start with simple steps. Try these ideas to help you improve your wellbeing

## 1 GUT A GRIP

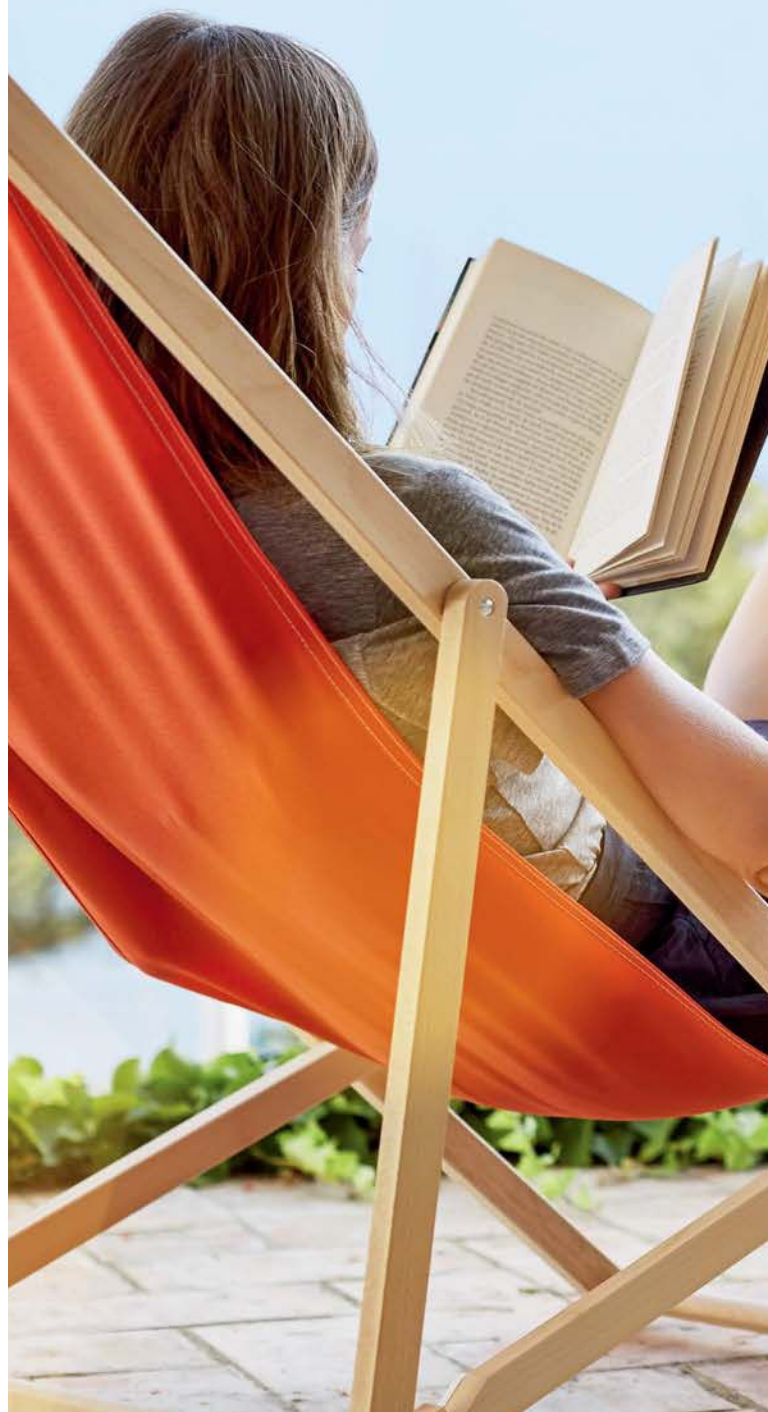
**Taming tummy troubles can have a big impact on your health**

As well as being uncomfortable, an unhealthy gut can have serious side effects, with research showing digestive health influences everything from mood to your risk of heart disease. Your gut bacteria can even determine how easily you lose weight. "Plus, just as certain aspects of diabetes can impact how healthy your gut is, we also know bad gut bacteria can make it harder to manage diabetes," says Rachel Freeman, from the Australian Diabetes Educators Association.

"So it's a vicious circle." A good place to start a makeover is by eating more fibre. In a 2013 study, people who ate a high-fibre diet for six weeks improved their gut bacteria and had a better chance of maintaining a healthy weight. "The diet that's good for diabetes is good for gut health," says Freeman. "So high-fibre, low-GI foods." Aim for 35g a day; a 2014 study showed that had a positive impact on gut bacteria.



## 2 WAYS TO DE-STRESS... IN 10 MINUTES OR LESS





**Think you need to spend hours meditating or relaxing to zap your stress levels? No way! Here's how to feel more zen in just a few minutes.**

● **Pick up a book** Reading is a task that demands your brain's attention, and that distraction is scientifically proven to significantly lower your heart rate and 'tense levels' in as little as six minutes. True story!

● **Chew some gum** An Australian study found it lowers salivary levels of the stress hormone cortisol in just 10 minutes, thanks to the way the chewing action increases blood flow to the brain.

● **Do the dishes** It's a chore that works as an instant stress reliever, according to a 2015 study. The trick is making a conscious effort to pay attention to what you're doing – focus on the smell of the suds, how warm the water is and how the dishes feel in your hands – rather than letting your mind wander.



## 3 WHEN DOLLARS MAKE SENSE

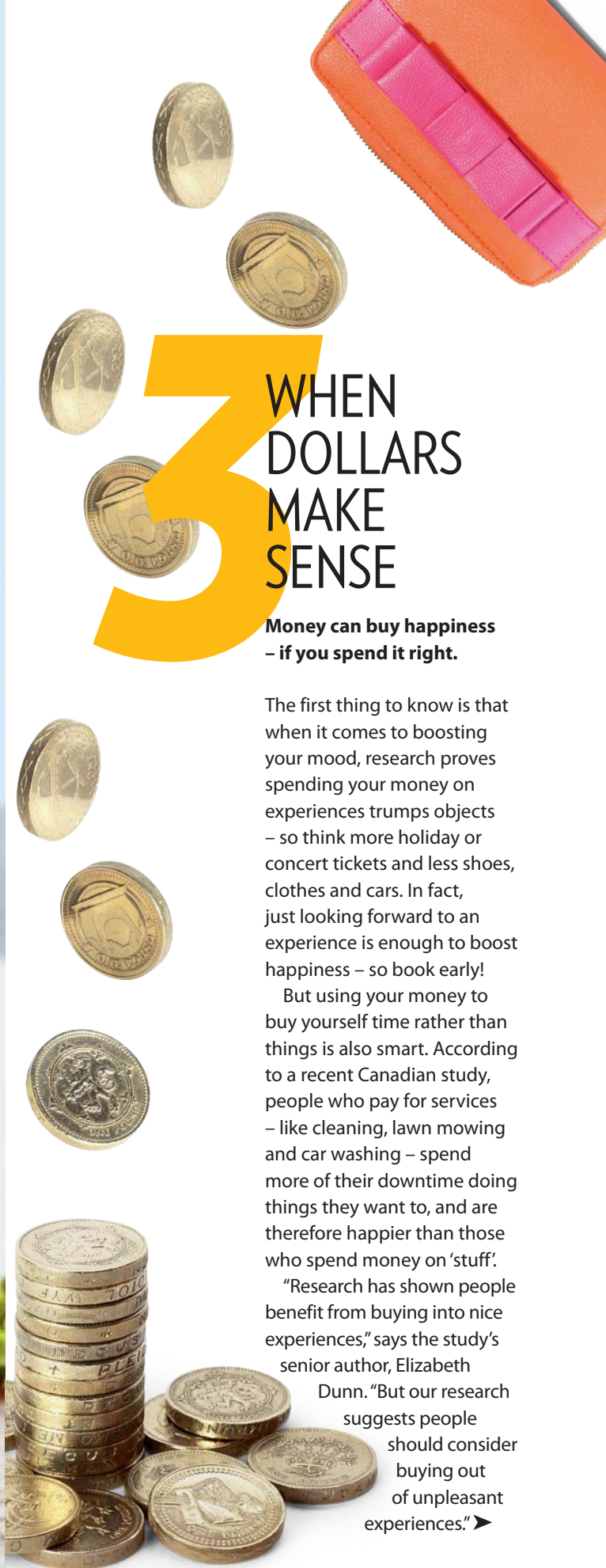
**Money can buy happiness – if you spend it right.**

The first thing to know is that when it comes to boosting your mood, research proves spending your money on experiences trumps objects – so think more holiday or concert tickets and less shoes, clothes and cars. In fact, just looking forward to an experience is enough to boost happiness – so book early!

But using your money to buy yourself time rather than things is also smart. According to a recent Canadian study, people who pay for services – like cleaning, lawn mowing and car washing – spend more of their downtime doing things they want to, and are therefore happier than those who spend money on 'stuff'.

"Research has shown people benefit from buying into nice experiences," says the study's senior author, Elizabeth

Dunn. "But our research suggests people should consider buying out of unpleasant experiences." ➤





## good advice

# 4

## GET IN THE KNOW ABOUT SPF50+

### ONE

**It doesn't provide twice as much protection as an SPF30+.** The two actually deliver very similar protection against UVB rays, the variety that's the main cause of skin damage and skin cancer.

### TWO

**You need to apply it properly to get that level of protection.** Use one teaspoon of sunscreen per body part, apply it at least 20 minutes before you head outside and then reapply every two hours.

### THREE

**You should choose a water-resistant one.** Yes, that's even if you're not going swimming. Sweating can reduce the effectiveness of non-water-resistant sunscreen, regardless of the SPF.

# 5

## TICK TOCK!

**Turns out your body clock – or circadian rhythm as it's technically called – does much more than regulate when you feel drowsy and when you feel awake.**

It also controls your metabolism, your appetite and even has a role to play in blood glucose control. So when it's out of whack, as well as losing some sleep, your risk of everything from heart disease to obesity and even some cancers can start to climb. To make sure your body clock's keeping good time...

### ● Exercise in the afternoon

Compared to working out at other times of the day, being physically active between lunch and dinner

helps keep your circadian rhythm on an even keel, say US researchers.

### ● Avoid the snooze button

Sleeping in may feel fantastic, but research shows that it wreaks havoc with your body clock. If you feel like you need some extra shut-eye, go to bed earlier instead.

### ● And when you do get up

Make throwing open the curtains a priority. Exposure to daylight first thing suppresses melatonin, the hormone that encourages sleep, so it's easier to get up. Plus, it makes falling asleep at night easier, too. ■



WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES





## BREAKFAST

- 73 Herbed cottage cheese and salmon on rye ●
- 92 French toast with banana, walnuts and honey ●
- 94 Fruit and walnut oats ●
- 94 Ham, spinach and mushroom toastie
- 73 Mango and passionfruit bircher muesli ●
- 92 Melon bowl fruit salad ●●
- 93 Mexican-style scrambled eggs ●
- 93 Peach, lychee and coconut bircher muesli ●
- 94 Yoghurt cinnamon berries ●

## LIGHT MEALS, SNACKS & STARTERS

- 98 Asian pork and noodle salad ●●
- 97 Asian prawn salad with lime and chilli dressing ●
- 48 Avocado, feta and tomato bruschetta ●●●
- 56 Chilli-roasted sweet potato, cauliflower, rocket and ricotta ●●●
- 95 Corn, buckwheat and tomato salad with chicken meatballs
- 57 Fennel and nectarine with black quinoa, watercress and goat's cheese ●●●
- 68 Grapefruit chicken cup salad ●
- 66 Grilled asparagus and onion crostini ●●●
- 26 Raspberry, avocado, mango and tofu salad ●●●

- 98 Roasted vegetable pesto pasta ●
- 48 Smoked salmon, dill and ricotta mini quiches ●●
- 97 Smoky paprika and sweet potato soup with chickpeas and prosciutto ●
- 67 Spring asparagus tart ●●
- 56 Tabouleh flatbreads with baba ghanoush ●
- 26 Tropical frozen yoghurt pops ●●●●
- 57 Turmeric and ginger chicken salad ●●

## MAINS

- 66 Asparagus, prawn and mint pasta ●
- 36 Avocado, corn and prawn salad
- 36 Caramelised onion and veggie pizza ●●
- 100 Chicken satay with noodle salad ●
- 102 Chicken stew with pearl barley and olives
- 38 Chilli con carne ●●
- 37 Fish and slaw burgers
- 100 Fish or chicken and avocado tacos ●
- 38 Lemongrass, thyme and garlic chicken skewers ●
- 26 Mango chicken
- 36 Marinated pork with corn and salad ●
- 102 Middle Eastern lamb kebabs with tomato salad ●
- 37 Miso roasted eggplant with

chargrilled beef ●

- 50 Roast chicken with marmalade glaze ●●
- 101 Teriyaki and ginger salmon ●
- 50 Turkey steaks with cherry and port sauce ●●

## SIDES & EXTRAS

- 59 Asparagus, tomato and basil salad ●●●
- 49 Brown rice and roast vegetable salad ●
- 48 Greens with parmesan and garlic crumbs ●●●
- 62 Grilled asparagus with bacon and maple glaze ●●
- 62 Panko-parmesan asparagus with garlic dipping sauce ●
- 57 Pomegranate, mint and coriander dressing ●●
- 49 Prosciutto-wrapped baby carrots and asparagus ●●
- 49 Sage, chilli and garlic roast potatoes ●●●
- 56 Sweet pickled onion ●●

## DESSERTS

- 51 Chocolate mousse ●
- 138 Dark chocolate truffles ●●●
- 27 Mango and coconut mousse ●
- 50 Spiced nutty pavlova with ricotta cream ●●

## DRINKS

- 73 Lychee and banana smoothie ●
- 26 Mango, coconut, raspberry and mint slushy ●●

**KEY** ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.



## advertising promotion

### FREEDOM IN THE BAG

Medactiv EasyBag Single and EasyBag Classic (shown) provide freedom to travel with temperature-sensitive medications. Discreet and reusable, EasyBag products keep your insulin cool. Just soak the inner pouch in fresh water and the bag will maintain insulin between 16°C and 25°C for up to five days. Visit [medactiv.com.au](http://medactiv.com.au)



### OCEAN SPRAY® ORIGINAL CRAISINS® DRIED CRANBERRIES

Dried cranberries are a vibrant, sweet and tart snack packed with antioxidants. They also add bright taste and colour to salads, yoghurt, muesli and baked goods. Each 40g serving contains one serve of fruit and is a good source of fibre.

# Marketplace

Check out these products. They make managing diabetes easier

### WINTER CARE FOR YOUR SKIN

Nutri-Synergy Extra Dry Skin Moisturiser is formulated with natural active ingredients to keep your skin soft and hydrated this spring. NS is rich in natural moisturising factors like urea, glycerine and triglycerides, along with aloe vera, allantoin and vitamin B5 that help maintain healthy skin by locking in moisture. RRP \$17.50 for a 250ml pump. Available from pharmacies and online at [nutrisynergy.com.au](http://nutrisynergy.com.au)



### STAY COOL AND DRY THROUGH YOUR NIGHT SWEATS

Fortunately, it is possible to get your night sweats under control, and wearing Cool-jams Australia wicking sleepwear is one of the best ways. Designed with special features built right into the fabric, the soft and comfortable collection absorbs moisture and heat and dries quickly, giving you the best night's sleep you've ever had. Available for men and women. Visit [cool-jams.com.au](http://cool-jams.com.au).







ESTÉE LAUDER COMPANIES  
BREAST CANCER CAMPAIGN

**25 years ago,  
there was no pink ribbon.**

**Time to end breast cancer.**

Support our mission to  
create a breast cancer-free world.

Visit [bcacampaign.com](http://bcacampaign.com)

#PinkRibbon25



Better Homes  
and Gardens

# diabetic LIVING®

## PRIORITY SUBSCRIPTION FORM

☒ **YES!** I would like to subscribe to  
*Diabetic Living* for **ONLY**

- ☐ **12 issues + 4 BONUS issues, \$75 – SAVE 41%** BEST DEAL
- ☐ **6 issues + 2 BONUS issues, \$40 – SAVE 37%**

### MY DETAILS

Mrs/Ms/Miss/Mr: \_\_\_\_\_

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

### GIFT RECIPIENT'S DETAILS

(Please also fill in your details above when giving a subscription as a gift)

Mrs/Ms/Miss/Mr: \_\_\_\_\_

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

### PAYMENT DETAILS:

Charge my:

☐ MasterCard ☐ Visa ☐ Amex ☐ Diners Club

Card no.:

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

Cardholder's name:

Signature: \_\_\_\_\_ Expiry date: \_\_\_\_\_

**PLEASE HELP US** produce the best magazine possible  
by answering these optional questions:

■ Do you have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐ DON'T KNOW ☐

■ Does someone you know have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐ DON'T KNOW ☐

**New Zealand delivery: AUD \$44 for 6 issues. Call 0800 630 112.**

**TERMS AND CONDITIONS:** \*Offer valid for Australian delivery only. Subscriptions may not include promotional items packed with the magazine. This offer cannot be used in conjunction with any other offer and ends 08/12/2017. *Diabetic Living* is published 6 times annually. Pacific Magazines Pty Ltd is collecting your personal information for the purpose of processing your order. As a subsidiary of Seven West Media Limited, Pacific will handle your personal information in accordance with Seven's Privacy Policy, which is available on [subscribertoday.com.au/privacy-policy](http://subscribertoday.com.au/privacy-policy). By providing your personal information, you agree to the terms of the Policy. Without limiting the foregoing, Pacific may disclose your personal information to its related entities and service providers for research and profiling purposes as well as processing your order. Pacific may also use your personal information for the purpose of Pacific and its related entities sending you information regarding programs, products and services available through them and/or through their business partners, and to Pacific from time to time sharing your personal information with carefully selected business partners for the purpose of them sending you such information directly. We will always provide you with the ability to opt out of those communications.

P7BDKZZA

 **subscribe today**  
com.au



*Alix*

Alix Davis, **Editor**

## Editor's note

Give a life-changing Christmas gift to the ones you love this year.

Subscribe to this offer and receive up to 4 bonus issues of *Diabetic Living*, saving you up to 41% off the newsstand price.

Don't miss out!

## Subscribe and enjoy!

- ➔ **ONLY \$75 FOR TWO YEARS**  
(12 issues) of *Diabetic Living*
- ➔ **PLUS 4 BONUS ISSUES**  
(that's 16 issues in total)
- ➔ **SAVE 41%\***  
on the cover price
- ➔ **PAY LESS**  
than \$4.49 per issue
- ➔ **FREE DELIVERY**  
direct to your door

## 3 easy ways for you to subscribe



**ONLINE**  
[subscribertoday.com.au/dlbonus17d](http://subscribertoday.com.au/dlbonus17d)



**PHONE**  
**1300 668 118**  
and quote P7BDKZZA



**POST**  
***Diabetic Living*, Reply Paid 4983,**  
**Sydney, NSW 2001**  
(no stamp needed)



GREAT CHRISTMAS GIFT IDEA

# 4 BONUS ISSUES

Subscribe now and pay **ONLY \$75 for 2 years** of *Diabetic Living* delivered to your door, **PLUS** receive **4 BONUS ISSUES!** – that's **less than \$4.69** per issue



*Hurry! Don't miss this great offer*



# Truffle shuffle

**As an occasional indulgence these sweet treats are hard to beat**

## DARK CHOCOLATE TRUFFLES

For base recipe, in a medium saucepan, stir 350g chopped dark chocolate and 125g light cream cheese over low heat until melted (mixture will be slightly grainy). Remove pan from heat. Stir in 1 tsp vanilla extract. Transfer to a bowl. Cover with plastic wrap. Chill in fridge for 1-1½ hours or until mixture is firm enough to roll. Shape into 28 small balls. Roll in desired coatings (see below). Store, covered, in the fridge for up to 1 week. Makes 28. 1 per serve as an occasional dessert.

**PER TRUFFLE** (base recipe): 355kJ, protein 1g, total fat 6.5g (sat. fat 4g), carbs 6g, fibre 0g, sodium 21mg • Carb exchanges ½ • GI estimate low • Gluten free

## TRUFFLE COATINGS

**1 Coconut** Roll in ½ cup shredded coconut until coated.  
**PER TRUFFLE:** 400kJ, protein 1g, total fat 7.6g (sat. fat 4.9g), carbs 6g, fibre 0g, sodium 21mg • Carb exchanges ½ • GI estimate low • Gluten free

**2 Chocolate and sea salt** Roll in 220g melted dark chocolate until coated. Sprinkle with a tiny amount of sea salt. Leave to set.



**PER TRUFFLE:** 540kJ, protein 2g, total fat 9.9g (sat. fat 6g), carbs 9g, fibre 0g, sodium 173mg • Carb exchanges ½ • GI estimate low • Gluten free

**3 Peanut butter** Combine 85g melted white cooking chocolate with 1 Tbsp light peanut butter. Drizzle onto truffles. Leave to set.  
**PER TRUFFLE:** 435kJ, protein 2g, total fat 7.7g (sat. fat 4.6g), carbs 7g, fibre 0g, sodium 25mg • Carb exchanges ½ • GI estimate low • Gluten free

**4 Chilli** Roll in 2 Tbsp cocoa powder until coated. Sprinkle lightly with ground chillies.  
**PER TRUFFLE:** 365kJ, protein 1g, total fat 6.6g (sat. fat 4g), carbs 6g, fibre 0g, sodium 24mg • Carb exchanges ½ • GI estimate low • Gluten free

**5 Almond** Roll in ½ cup ground toasted almonds until coated.  
**PER TRUFFLE:** 410kJ, protein 2g, total fat 7.7g (sat. fat 4g), carbs 6g, fibre 0g, sodium 21mg • Carb exchanges ½ • GI estimate low • Gluten free ■



# WIN<sup>♥</sup>

## A PALM COVE WELLNESS GETAWAY

priceline  
sisterclub  
Exclusive

MISSION  
HEALTH<sup>+</sup>  
DIABETES UNCOVERED

Accommodation at Peppers Beach Club & Spa is in an iconic North Queensland resort, with lush green gardens, a tranquil rainforest rock pool and lagoon pool with clean sandy beaches.

### Prize<sup>♥</sup> includes:

- 4 nights in a Resort Spa Room including buffet breakfast for 2 adults
- Return flights for two
- 2 x welcome cocktails
- 2 x 60 minute massage vouchers
- Return airport transfers from Cairns to Palm Cove

To enter visit [priceline.com.au](http://priceline.com.au)

Not a member? Join in store or online today

♥ For full terms and conditions see [priceline.com.au](http://priceline.com.au). Competition commences 29th September 2017 at 7:00am and concludes 11th October 2017 at 11:59pm (Promotional Period). All times prior to 1 October 2017 are AEST. All times after 1 October 2017 are AEDST. This offer is open to all sister club members aged 18 years or over. Non Sister Club members can join prior to entering the competition. To enter Sister Club members, must visit [priceline.com.au](http://priceline.com.au) and answer in 25 words or less: 'How will you improve your health?'

PEPPERS  
BEACH CLUB & SPA  
PALM COVE

[priceline.com.au](http://priceline.com.au)



WE'RE 100% WOMAN



priceline  
pharmacy





# Refreshing Taste, Powerful Benefits\*



- ⊘ No added sugar, only 20 calories\*
- ⊘ Antioxidants from 55 cranberries\*
- ⊘ Cleanses & purifies to help maintain urinary tract health\*



\*One 250ml serving of 20 calories Ocean Spray® Cranberry Light contains the juice of 55 cranberries, and helps maintain urinary tract health when consumed daily, as part of a healthy diet involving the consumption of a variety of foods. Our 700 family farms grow their cranberries in the USA, Canada and Chile.